

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:
156 Green St, Allentown, PA * 18102
Telephone ~ 610-432-6773*
Fax ~ 610-841-5176
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

Parish Meeting: We will have a parish meeting on Sunday, February 28 after church so Father can update you on the parish's financial situation. We will also discuss goals for the parish regarding finances and mission. Please plan to attend.

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.
Profit for January \$69.00

Sacrificial Giving for the Weekend of February 13 & 14	
Allentown	\$1502.00
Total Bills	\$3575.00
Offerings Vs. Expenses	(-\$2073.00)
Palmerton	\$181.00
Total Bills	\$1122.80
Offerings Vs. Expenses	(-\$941.80)
Bills paid this week: Church Cleaning: \$300.00; Cantor \$150.00; Snow Plowing (4 times): \$3125.00 Palmerton: Heating Oil: \$1122.80	

The fast pace of your life may seem to leave little time and energy for the traditional Lenten practices. But you can weave moments of [spiritual awareness](#) and [service](#) into even the busiest of schedules. The trick is to see Lenten practice as part of, rather than in addition to, each activity of your ordinary hectic day. The three foundational practices of Lent are prayer, fasting, and almsgiving. Here's how to think about them in a new way:

Praying Daily

If you make a habit of saying a little prayer whenever someone irritates you, cuts you off in traffic, or makes life difficult; when someone does you a favor, you experience great and friendly service, or when something joyful happens to you—you will soon find yourself praying your way through the day. Try this simple practice and you will be observing the Catholic Church's call for greater prayer during the Lenten season. You will also find that this habit makes your life flow smoother, your self more centered, and your Spirit more aware of God's presence.

A Different Type of Fasting

There are many ways to fast. Why not fast from criticism, gossip, judging others, or passing on rumors? Why not abstain from unwarranted fear and anxiety? You can also tell that inner voice inside your head that criticizes you to abstain from eroding your ability to be the confident, blessed person God calls you to be. These are beautiful ways to observe the Lenten call to fasting and abstinence. In the book, [Praying Lent](#), the authors offer suggestions on different ways to fast during Lent.

Give of Yourself

Daily life also offers countless opportunities to give of yourself to others (alms), and most don't involve dipping into your wallet. Give encouragement to the doubting, give a word of praise to the insecure, show kindness to someone who could use a friend, and offer a word of thanks to those whose service of others often goes unappreciated. Give the gift of your attention to someone who simply wants to be noticed. Tell your children stories about people whose values you admire when you gather at mealtime. Don't be stingy with your smiles—give them freely to everyone you meet. And most important, give your love to those close to you. Hug them, hold them, and tell them what they mean to you. In this way you open your heart to God and others.

So no matter how busy your are in life, with some greater awareness and new perspectives you can consciously pray, fast, and give of yourself this Lent—and you will be ready to celebrate when a joyful dawn breaks upon you Easter morning.

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

Pope Benedict XVI on Fasting

Fasting means abstaining from food, but includes other forms of self-denial to promote a more sober lifestyle. But that still isn't the full meaning of fasting, which is the external sign of the internal reality of our commitment to abstain from evil with the help of God and to live the Gospel.

In our own day, fasting seems to have lost something of its spiritual meaning, and has taken on, in a culture characterized by the search for material well-being, a therapeutic value for the care of one's body. Fasting certainly bring benefits to physical well-being, but for believers, it is, in the first place, a "therapy" to heal all that prevents them from conformity to the will of God

Through fasting and praying, we allow Him to come and satisfy the deepest hunger that we experience in the depths of our being: the hunger and thirst for God.

Liturgical Schedule for The Week of February 21, 2016

Saturday ~ February 20 Vigil~ Second Sunday of Lent

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

Sunday ~ February 21 Second Sunday of Lent

10:00 AM [A] +Rita Roman by Loretta Brosky /All Souls Panachida

Friday ~ February 26 Presanctified Liturgy

7:15 PM [A] Special Intention

Saturday ~ February 27 Vigil~ Veneration of the Cross

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

Sunday ~ February 28 Veneration of the Cross

10:00 AM [A] +Michael Komnath by Mr. & Mrs. William Komnath Jr.
All Souls Panachida

The Sunday readings for next week are: Hebrews 4:14-5:6 & Mark 8:34-9:1

