

The Archangel

ARCHANGEL MICHAEL ORTHODOX CHURCH

www.StMichaelsCleveland.org | 5025 E. MILL ROAD | BROADVIEW HEIGHTS, OHIO 44147 | 440.526.5192

February 2024

Songs of Ascent

By Very Rev. Fr. John Memorich

The Old Testament Book of Psalms was the general hymnal of the Hebrew People. They grew up memorizing and singing these songs, utilizing them for various instances, such as times of joy, distress, trouble, hardship, thanksgiving, and worship. Thus, there are specific psalms for all occasions.

Because the psalms were so integral to the life of the Jews, these same hymns were, and are, continually used in the Church today. In fact, my beloved professor Fr. Alexander Schmemmann used to say that the psalms were the lifeblood to our worship and there is no service which does not at least contain one, if not many, of these songs.

One grouping of psalms (120 – 134) categorized as "Songs of Ascent" or "Pilgrim Songs," were traditionally sung by those traveling to Jerusalem for major religious festivals. And because the city of Jerusalem was situated upon a high hill, which those pilgrims would have to "ascend," this is how they got their name. In addition, it also became quite common for the priests and faithful to recite these psalms as they ascended the steps leading into the Temple itself.

Since the Book of Psalms or Psalter is so vital to the spiritual life of the Church, it is also vital to each of us as well; and I encourage you to try and read at least one psalm a day as a means of staying connected to our past and to expand our future as well.



Thirty Below Zero

"He gives snow like white wool and scatters the frost like ashes, hurling down His crystals of ice like crumbs; who can stand before His cold?"

(Psalm 147:16-17)

The Book of Ecclesiastes reminds us that *"for everything there is a season"* (3:1), and many of the prayers of the Church state that God has crowned His creation with four seasons. However, here in Ohio, of all these, winter is perhaps the least liked, or enjoyed. Yet we have very mild winters compared to our northern icebox neighbors Minnesota and Wisconsin.

If you have never experienced it, it is hard to describe what thirty below zero is like. What it feels like, what it looks like, what it is. Most people would assume that because it is so cold, it must be gray, overcast, and bleak. Yet nothing could be further from the truth. Twenty, thirty, and forty degrees below zero days are always bright and sunny, crystalline, and eye-piercingly blue. At those temperatures, there is not a cloud in the sky, because clouds help to trap in heat. Thus, the colder it gets, the clearer it is.

As the sun shines brightly above, its rays illumine, but without the benefit of warmth. And because it is so cold, the water in the air crystallizes causing a kind of floating, sparkling pixey dust to shimmer and dance through the atmosphere all around you; magical and surreal. It is as vast as it is majestic, wonderful, pris-

tine, other-worldly; just like heaven.

The leafless trees also take on a unique, enchanted look as they are now coated with a thin, icy sheen that portrays their limbs and branches as glistening tendrils grasping towards the blue, boundless sky. Ever reaching, seeking touch and communion with God.

In such extreme temps, trees "pop." The cold envelopes and compresses the trees, penetrating through bark and freezing the sap. As the sap freezes, it expands – pressing outward within its tight, confined space. Inevitably, the cold wins out and the wood is forced to split open which creates a mighty crack or popping sound, much like a gunshot piercing the silence. And because the air is so cold, the sound is carried over great distances with a crispness not unlike the sharp toll of a bell.

The snow covering the ground – which refuses to melt and is compacted foot upon foot – reflects the light of the sun with such blinding brilliance that it could almost mirror the brilliance and radiance of the Transfiguration.

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**ARCHANGEL MICHAEL
ORTHODOX CHURCH**

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Primate**

Orthodox Church in America

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**V. Rev. Fr. John Memorich
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Choir Director
benwharton19@gmail.com

Angelika Mindala
Sunday School Director

Greg Mindala
Woodside Board President

**Joan Benny, Helen Gaborick, &
Patricia Patrick**
Labeling

FROM THE PRESIDENT

Glory to Jesus Christ!

February 25 brings our annual parish meeting. I encourage all of you to come and share your time and engage in the discussion about the fiscal management of our church. Our agenda will include the election of officers and approval of the operating budget. This year we will do something different to elect your Board. To save time during the meeting we will present the entire slate of individuals for your vote and ask for any recommendations from the floor. I encourage all members in good standing and interested in participating on our Board to come talk to me or any one of our Trustees!



Please join me in thanking Nancy Jackson for her service these past six years on our Board.

We will discuss Woodside and the loss the center experienced this year. Good financial information about the performance of the center has been a challenge for us this year and we recently engaged a part-time bookkeeper and financial analyst to help us create better financial information.

Please bring any topics you'd like to see discussed to my attention prior to the meeting so that any research or preparation can be made on the subject beforehand.

In Christ
Darlene

Celbrating 85 Years of St. Tikhon's Orthodox Seminary

Honoring Michael Herzak, lifelong parishioner of Archangel Michael Orthodox Church



For the last 11 years, Michael Herzak has prayerfully shared his time, talents and treasures serving St. Tikhon's Orthodox Seminary as Chair of the Board of Trustees.

A lifelong member of our parish, he joined the St. Tikhon's Seminary board in 1998, and is the second longest serving board member. He has shepherded and led St. Tikhon's through a great many achievements and challenges: from their first accreditation to the addition and updating buildings on their campus, to balancing a budget while navigating economic downturns and crises.

Most importantly, through his selfless service leading the Board of Trustees, he has played an integral role in ensuring the health of the Orthodox Church, and that Orthodoxy in American continues to grow. We hope you will join us in honoring Mickey, and help us in multiplying his impact!



SEE THE FLYER ON PAGE 9 TICKET AND RSVP INFORMATION

RECEIVE IMPORTANT PARISH UPDATES VIA TEXT

In an ongoing effort to keep our parish community informed and up-to-date with very important information, you can now receive TEXT MESSAGE updates from the church. These updates are not sent frequently, but rather when there is information that needs to be distributed quickly.

TEXT AMOC TO (833) 455-0695

You'll receive a confirmation text message. Standard message and data rates apply. The church cannot add your number, you need to "opt-in" to start receiving the messages.

Let My Prayer Arise as Incense: The Order and Ritual of Censing in the Orthodox Church

The use of incense in the Church is elemental as both an offering, and a means of worship. The beautiful fragrance sets the mood, essence, or "spirit" of reverence in the temple, preparing the congregation for the worship at hand. The smoke also reminds us that our prayers ascend upwards as the wafting incense itself arises. In addition, just as all aspects of liturgical worship are governed by structure and ritual, so too is the order of these censings.

First, whenever there is to be a censing, the priest blesses the incense and censer saying, *"We offer Thee incense, O Christ our God, as an odor of spiritual fragrance. Receive it upon Thy heavenly altar and send down upon us in return the grace of Thine all-holy Spirit."*

During a **Great Censing**, the Altar Table is censed first, on all four sides, as the priest or deacon prays, *"In the tomb with the body / in hell with the soul / in paradise with the thief / and with the Father and the Spirit was Thou, O boundless Christ, filling all things."*

Then the Table of Oblation upon which the "gifts" are prepared, the High Place, the south side of the altar, and then the north. As the priest or deacon continue out of the altar, they cense the Royal Doors, the south side of the iconostas, and then the north.

Following the iconostas, the patronal or festal icon which sits upon the tetrapod is censed, then a procession around the church interior is made in a clockwise fashion – including the vestibule. The priest or deacon finishes by censing the congregation and the choir, and then the Royal Doors and the two icons on either side before returning to the altar. As the priest or deacon censes, they quietly recite to themselves Psalm 51, the Psalm of Repentance.

At other times, **Lesser Censings** are made, which involves only the interior of the altar, exterior of the iconostas, and the people.

However, the significance of any censing is to make ready and acknowledge important moments such as the beginning of liturgy, the reading of the gospel, or the entrance of the gifts.



The Meeting of our Lord and Savior Jesus Christ in the Temple

Commemorated on February 2nd

The Meeting of our Lord God and Savior Jesus Christ is described in the third Gospel (Luke 2:22-40). Forty days after His birth the Divine Child was brought to the Temple at Jerusalem to be presented to the Lord. According to the Law of Moses (Lev. 12:2-8), a woman who gave birth to a male child was forbidden to enter the Temple for forty days. At the end of the time of her purification, the mother went to the Temple with the child, to offer a young lamb, two turtledoves, or pigeons to the Lord as a sacrifice. The Most Holy Virgin had no need of purification, since she had given birth to the Source of purity and sanctity. Out of humility, however, she fulfilled the requirements of the Law.

At this time the righteous Elder Simeon (February 3) was living in Jerusalem. It had been revealed to him that he would not die until he beheld the promised Messiah. By divine inspiration, Saint Simeon went to the Temple at the very moment when the Most Holy Theotokos and Saint Joseph had brought the Child Jesus to fulfill the Law.



CONTINUED ON PAGE 12

PARISHIONERS LIVING IN NURSING HOMES & INDEPENDENT LIVING

Please see the list below of our parishioners living in nursing home facilities.

Joan Benny.....	Vista Springs Ravinia Estate	6046 Brecksville Road Room 104.....	Independence, OH 44131.....	216.232.4793
Marie Bartlett	The Renaissance	26376 John Road, Apt #227	Olmsted Township, OH 44138	
George Chernesky	Vista Springs Ravinia Estates.....	6046 Brecksville Rd.....	Independence, OH 44131	
Mary and Helen Ksenyak.....	Danbury Senior Living	9500 Broadview Road.....	Broadview Hts., OH 44147	
Marge Kormos.....	Danbury Senior Living	9500 Broadview Road #102	Broadview Hts., OH 44147	440.262.2617
Alexandra Mikulicz.....	Independence Village Senior Living	505 S. Chillicothe Rd., Apt. 265	Aurora, OH 44202.....	330.995.3712
Walter Dimitrijevs.....	Vitalia - North Royalton.....	8239 York Road, Apt 120.....	North Royalton, OH 44133	

JANUARY BIRTHDAYS

Therese Bohurjak.....	1
Zach Yurch.....	1
Chase Schmidt.....	1
Michael Kormos.....	2
Brett Deyling.....	3
Lisa Mehalik.....	3
Robin Lucak.....	4
Nicole Karnes.....	5
John Hudeck.....	5
Kylee Schleckie.....	5
Chad Karnes.....	6
Andrew Hayes.....	7
Daniel Kovalak.....	8
William Peshina.....	9
Helen Ksenyak.....	9
Jeffrey Andrews.....	10
Chloe Kasubienski.....	10
Joshua Gaydos.....	10
Ben Wharton.....	11
Liz Sylvain.....	12
Jim Mehalik.....	13
Helen Sekerak.....	13
Natalie Strongosky.....	13
Theodore Dwenger.....	13
Gayle Klich.....	14
Pat Hanchuk.....	15
Stephanie Johnson.....	15
Phil Tesar.....	17
Barbara Fetcenko.....	17
Nicholas Turk.....	18
Bianca Yurch.....	18
Walter Dimitrijevs.....	19
Phyllis Krupa.....	20
Walter Smyczek.....	21
Lisa Hanchuk.....	23
Hannah Mehalik.....	25
Kathy Mindala.....	26
Thomas Rigby.....	26
Benjamin Kirsh.....	26
Aiden Farris.....	27
Robert Chamberlin.....	28

FEBRUARY ANNIVERSARIES

There are no February Anniversaries

AROUND THE PARISH

CHILI COOK-OFF WINNERS!

Congratulations to our 2024 Chili Cook-Off Winners!

Traditional - Darlene Dimitrijevs

Non-Traditional - Becky Tesar

Hot & Spicy - Christine Arkutik

Thank you to everyone who participated - we had 14 entries this year! Also, a special thank you to everyone who brought bakery!

SCHOLARSHIP APPLICATION AVAILABLE ONLINE!

Our Scholarship Application has been updated and added to the parish website. Please click the link below to be directed to the application!

<https://stmichaelscleveland.org/scholarships/>

DROP, DASH, AND DINE! - February 2

Drop your kids off at the gym at 6 PM on February 2nd and enjoy a date night with your Valentine or with your friends! Last year it was a big hit, so you don't want to miss it! All the Grandparents and Volunteers from church will be caring for our Halos. Be back to pick them up at 8 PM. Happy Early Valentines Day!

Contact Sarah at 330-592-7153 with questions. Please RSVP on our GroupMe App to let us know who will be coming! Thank you!

SERVICE OPPORTUNITY

Grandparents of our parish or those who enjoy spending time with children, this service opportunity is for you! Please text or call Sarah Mindala at 330-592-7153 if you would like to help with our February Event on Friday, February 2nd from 6-8 PM. Thank you!

2024 R CLUB DUES

Dues for 2024 are \$60 and are being collected. Please pay your dues promptly to Karen Visocky, you have three options:

1. Venmo: @Cleveland-RClub
2. Give cash or check directly to Karen on Sunday's
3. Mail checks payable to CLEVELAND R CLUB to Karen Visocky, 115 Valley Brook Blvd, Hinckley, OH 44233

Diaconal Ordination of Fr. Daniel Resselar

For those of you who might be interested in seeing some old video footage of our parish, its parishioners, Fr. Vladimir Prislopsky, Archbishop John, and others, the Resselar family has posted Fr. Dan's diaconal ordination from 1958. Click the link below. It is quite interesting and perhaps you will see your parents, grandparents, or even yourselves in this video!

https://www.youtube.com/watch?v=x_8J8xc5RvY

Parish Transitions

Liz Pishko & Patrick Matyas on the birth of their son, **William Andrew** born on Wednesday, January 3, 2024, 7 lb., 19 in. tall.

Terry & Kathy (Schleckie) Speth on the birth of their son, **Chase Michael** born on Tuesday, January 9, 2024, 8.9 lb., 20.5 in. tall.

Walter Dimitrijevs has moved to Altenheim, 18627 Shurmer Road, Strongsville, OH 44136

David Strongosky +1/12/24, son of George & Ann Strongosky

Archpriest Moses Berry +1/12/24

Mother Elizabeth +1/6/24, of Transfiguraton Monastery

ANNUAL CHILI COOK-OFF



ST. JAMES PRAYER LIST

**“The prayer of the righteous has great power in its affects”
(St. James 5:1)**

SPECIAL INTENTIONS & PRAYERS

Archpriest Daniel Kovalak (Bob Kovalak’s brother)
Archpriest Myron Manzuk..... (Fr. John’s cousin)
Sandy Abraham (Mat. Jani’s cousin)
Mat. Anna Andrew (Fr. John’s cousin)
Jamie Arrango..... (Friend of many FOCA members)
Bruce Baughman(Vivian Plaza’s father)
Denise Bittner (Mike & Pat Bittner’s daughter)
William Cook.....(John Cook’s brother)
Panagiotis Delimaris (Angel Mindala’s father)
Toinette Episcopo(friend of The Schlekies)
Michelle Zdinak Frampton..... (friend of the parish)
Jasper France (friend of Joe/Cindy Tonic)
Maria Horbath (Terri Baranich’s friend)
Geraldine Irvin(Donna Tesar’s friend)
Kathy Jacob (friend of Kristen Dotson)
Lorraine Jancik (Kari Larson’s grandmother)
Philip Kall
Michelle Karnes..... (Friend of Tim/Paula Gaydos)
Mat. Myra Kovalak (Bob Kovalak’s sister-in-law)
John Kules..... (Friend of Kathy Kovalak)
Cindy Lazorik (Former parishioner of Fr. John’s)
George Lazorik (Former parishioner of Fr. John’s)
Judi Linden (Jackie Sipko’s neighbor)
Christine Lynn (friend of Dennis Lapso)
Frieden – Christine’s father (friend of Dennis Lapso)
Mary McDaniels (Fr. John’s cousin)
Danette Mehalik(daughter of Dan/Sandy Mehalik)
Jill Olecki (Sue Schlekies niece)
Mat. Theodora Ressetar (Former Parishioner)
Craig Richardson..... (Friend of Candace Ropchock)
June Sabo (Granddaughter of John/Jacque Sabo)
Julete Sabo (Granddaughter of John/Jacque Sabo)
Julina Sabo (Daughter-in-law of John/Jacque Sabo)
Joey Shaluha(Ed & Karen Visocky’s grandson)
Christopher Sipko (Jackie Sipko’s son)
George Takla(Friend of Joe Sentelik)
Janet Teebagy (Friend of Fr. John)
Ptdn. Michael Timko..... (Mat. Ludmila’s husband)
Jon Ubbelohde..... (Father-in-law of Tammy Ubbelohde
(Kowalchik)
Dannette..... John Mindala
Joanne..... John Mindala

WITH CHILD

Katie & Mike Roush

PARISHIONERS

Terri Baranich	Kathleen Kormos
Marie Bartlett	Margaret Kormos
Joan Benny	Kathy Kovalak
Sandy Bohurjak	Robert Kovalak
Andrew Buswell	Mary Jane Lucak
George Chernesky	Robert Lucak
Brett Deyling	Jean Mehalik
Walter Dimitrijevs	Sandy Mehalik
Jane Fedohnk	Alex Meklus
John Gaborick	Alexandria Mikulicz
Robert Glosik	Carol Milla
Andrew Hanchuk	Jennifer Pishko
Luke Hanchuk	Kristina Polcen
Timothy Hanchuk	Candace Ropchock
Thomas Herberth	John Sabo
Danny Herzak	Christia Schutt
Daniel Hornik	Pat Sima
Anne Kallay	George Strongosky
James Kormos	Edward Visocky
	Monica Visocky

SERVING IN THE ARMED FORCES

Jon Farragher (George & JoAnn Farragher’s son)
Richard Miller III..... (Friend of St. Vladimir’s Camp)
Nicholas Polcen (Parishioner)
Jacob Stankiewicz..... (Donna Tesar’s neighbor)

NEWLY DEPARTED

Archpriest Moses Berry +1/12/24
David Strongosky +1/12/24
Mother Elizabeth (Lutz) +1/6/24

1/24/2024

ARCHANGEL MICHAEL ORTHODOX CHURCH

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 9:30am-Divine Liturgy Church School	5	6	7	8 7pm – Great Vespers	9 Meeting of Christ in the Temple 2 9:30am – Divine Liturgy 6pm – HALOS – Dine & Dash!	10 5pm – Vespers/Confession
11 9:30am-Divine Liturgy Church School	12	13 10am-Deanery Mtg @ AMOC	14 9:30am-Mollieben / Samaritans	15	16	17 5pm- CANCELLED Vespers
18 Sunday of Zacchaeus 9:30am-Divine Liturgy Church School Parastas – David Strongosky	19 5pm-Dinner/Serve @ St. Herman’s	20 6pm-Woodside Board Mtg	21	22	23	24 5pm – Vespers/Confession
25 Publican & Pharisee FAST FREE WEEK 9:30am-Divine Liturgy Church School PARISH ANNUAL MEETING	26 FAST FREE	27 St Raphael, Bhp of Brooklyn FAST FREE	28 Ven Basil the Confessor Ven. Marina, Kyra, Dominica FAST FREE	29 FAST FREE		5pm – Vespers/Confession
			7pm – BOT Meeting – ZOOM Call			

The Priest Who Didn't Want to Get Out of Bed

By Very Rev. Fr. John Memorich

Once upon a time, when the *Feast of the Meeting of the Lord in the Temple* fell upon a Wednesday, the priest woke up to a very typical, blustery, Minnesota winter morning. It was cold...well below zero, and to top it off, more than eighteen inches of snow had accumulated overnight. As he listened to the alarm, the priest nestled deeper under his covers, praying he would not have to get up and celebrate liturgy. He simply wanted to stay in bed and enjoy the warmth, just as he was sure his parishioners were doing; using their all-to-familiar excuse, "Cold and Snow."

Therefore, lying in bed between cold guilt and warm ecstasy, he tried to justify canceling services. After all, no one would come except him and the canter, and then only because they both lived across the street from the church. The priest remembered the old Russian proverb: "The church is near, but the road is icy; the bar is far, but I'll walk carefully." Sadly, this alone, shamed him into getting up, getting out of bed, and getting dressed. He didn't consider his priestly office, nor the merits of standing at the altar upon this feast and performing his duties...he simply, reluctantly, and begrudgingly trudged through the snow to open the church.

As he began the entrance prayers, the priest said them in a quick, routine, almost cavalier fashion with little care or sentiment. He simply "went through the motions," all-the-while hoping that no one would come to services, not even the canter. However, by the time he was finishing those prayers, he heard the large wooden doors open and slam, and the familiar sound of the canter stomping snow from his boots, climbing the stairs to the choir loft, muttering.

Resolved to the fact that there was going to be a liturgy, the priest tried to regain a prayerful demeanor. As the bells called to worship, he began the liturgy with just the two of them. Shortly, however, others filtered in. These were soon joined by more, and many of them priests, monks, nuns, and even some bishops – all adding their voices to the service.

Perplexed by this strange, sudden influx, many of these visitors looked familiar, but he couldn't quite place them. Still, the sound of their voices enveloped the priest, and he soon began to serve with greater enthusiasm and verve. The hardness of heart he experienced earlier was whisked away by this wondrous presence. And though he had not planned one, the priest was stimulated and preached a marvelous sermon to the pious assemblage.

Following the Great Entrance, three bishops entered the altar vested in bright, radiant attire. They humbly prayed, while the priest didn't quite know what to do. And when it came time for the clergy to receive Communion, they gestured for the priest to proceed as normal as they, too, drank from the chalice.

As the priest took-up the Cup to commune the people, he proceeded through the Royal Doors to an eager, almost endless throng of familiar, but not-familiar faces. Still, he was shocked that as each came forward to receive, he somehow knew their names!

When he had finished communing the multitude, he returned to the altar to find the bishops gone – nowhere to be seen. Confused, but filled with a strange inner peace, he turned around to see a void in the church as well. Everyone had vanished. It was at this moment – betwixt amazement and fear – that the priest realized that all those who attended were part of the Church Triumphant – those who have already run their race and departed this life, while his own parishioners, the Church Militant, were not. Thus, it was a poignant, gentle reminder that the Divine Liturgy is not only celebrated by the living for the living, but also for and with those who have gone before us in the hope of the Resurrection!

CONTINUED FROM PAGE 1

Venturing outside is not a debate, but an indisputable must. To experience such frigid temperatures amidst the beauty of this moment is truly a precious and divine act. Yet one must also dress appropriately for the occasion; vesting oneself to meet the Creator face to face in all His Might.

At these temperatures, exposed skin can easily become frost-bitten in mere minutes. Thus, covering and layering is vital. Long underwear (Long Johns or Union Suit), two layers of pants, shirt, sweater, fleece, coat, and outer shell. Two pairs of woolen socks and special winter boots – such as Sorel's – are absolutely necessary. Fitted mittens, followed by oversized woolen mittens, covered by "choppers" – a leather outer-mitten that keeps the mittens underneath dry. (By the way, mittens are far better than gloves in such dire conditions as the fingers inside the mittens' "pocket" or trap warmth in sobornost or community. Gloves, on the other hand, separate each finger, which is no good.) A woolen stocking cap under one's hood – or sometimes two,

because you lose 35% of your body heat through your head like a chimney. A woolen scarf is preferable, more to breathe through, as opposed to keeping one's neck warm. Just inhaling such cold air can seemingly scorch your lungs. Of course, breathing out through the scarf immediately creates a frozen crust and icicles surrounding the mouth like an ice-wizard's beard.

Many people also choose to wear snow goggles or mountaineering glasses to ward off snow-blindness. Yet those who do not wear any eyewear experience one of the most interesting side-effects of such extreme, frigid weather: the "lazy blink." Because the eye is comprised of 95% water and the eyelid is so thin and devoid of fat cells, in these temperatures when one blinks their eyes, the eyelid almost hesitates to open – as if you must forcibly force your eyelid to lift. This, amongst all else, is one of the best indicators that it is cold and a reminder of just how vulnerable one is to the elements.



SAINT TIKHON'S ORTHODOX THEOLOGICAL SEMINARY

You are invited to celebrate

ALL THE GOOD

85 years of St. Tikhon's Orthodox Theological Seminary

honoring Mickey Herzak

Please Join

His Beatitude Metropolitan Tikhon,
His Eminence Archbishop Michael,
and His Eminence Archbishop Daniel

Saturday, March 9, 2024

5:00pm: Hierarchical Vespers

6:00pm: Cocktail Reception

7:00pm: Dinner & Celebration

Featuring The St. Tikhon's Mission Choir, Reflections from Alumni & Students, & More!

Woodside Event Center at Archangel Michael Orthodox Church
5025 East Mill Road, Broadview Heights, OH

To purchase tickets or make a donation, please visit
allthegood.stots.edu

Tickets must be purchased by Sunday, February 25

Questions or to purchase tickets over the phone, please contact David Getz, Administrative Assistant to the Dean at (570) 561-1818 x101 or david.getz@stots.edu.

HEALTH HINT

Health Hint 182 - February 2024

By Kristen Dotson

Cholesterol

It may surprise you to know that cholesterol itself isn't bad. In fact, cholesterol is just one of the many substances created and used by our bodies to keep us healthy. Cholesterol is a waxy substance that comes from two sources: your body and food. Your body, and especially your liver, makes all the cholesterol you need and circulates it through the blood. But cholesterol is also found in foods from animal sources, such as meat, poultry and full-fat dairy products. Your liver produces more cholesterol when you eat a diet high in saturated and Trans fats. Excess cholesterol can form plaque between layers of artery walls, making it harder for your heart to circulate blood. Plaque can break open and cause blood clots. If a clot blocks an artery that feeds the brain, it causes a stroke. If it blocks an artery that feeds the heart, it causes a heart attack.

There are 2 types of cholesterol: "good" and "bad".

LDL cholesterol is considered the "bad" cholesterol because it contributes to plaque, a thick, hard deposit that can clog arteries and make them less flexible. This condition is known as atherosclerosis. If a clot forms and blocks a narrowed artery, a heart attack or stroke can result. Another condition called peripheral artery disease can develop when plaque buildup narrows an artery supplying blood to the legs.

HDL cholesterol is considered "good" cholesterol because it helps remove LDL cholesterol from the arteries. Experts believe HDL acts as a scavenger, carrying LDL cholesterol away from the arteries and back to the liver, where it is broken down and passed from the body. Low levels of HDL cholesterol have been shown to increase the risk of heart disease.

Triglycerides are another type of fat, and they're used to store excess energy from your diet. High levels of triglycerides in the blood are associated with atherosclerosis. Elevated triglycerides can be caused by overweight and obesity, physical inactivity, cigarette smoking, excess alcohol consumption and a diet very high in carbohydrates (more than 60 percent of total calories).

Here are some things that affect your cholesterol levels:

- Diet high in saturated fats
- Overweight
- Physical Activity
- Age and Gender-cholesterol



CHURCH INFORMATION

Moving or have Contact Info Updates?
Please contact the church office to update your address and or phone number by emailing info@stmichaelscleveland.org or calling 440.526.5192.

Candles / Prayers / Flowers

Contact the church office if you would like order candles, flowers or have prayers in church in honor or memory of your loved

ones. Flowers are \$65 for a bouquet, and candles range from \$3 to \$30, depending on what you would like. The church office will purchase the flowers for you and they will be delivered the Friday before the requested service / date.

Vespers

Saturday vespers begin at 5pm.

St. James Prayer List

Contact the church office to have a name added to or removed from the St. James Prayer list. The list is published each month in the Archangel, and weekly edits to the list are printed in the Weekly Bulletin.

OUR ADVERTISERS AND SPONSORS



Dr. George Glosik, Dr. Angelina Cerny & Dr. Craig Cerny

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Saint Simeon received the divine Child in his arms,¹ and giving thanks to God, he spoke the words repeated by the Church each evening at Vespers: "Lord, now lettest Thou Thy servant depart in peace, according to Thy word, for mine eyes have seen Thy salvation, which Thou hast prepared before the face of all people, a light to enlighten the Gentiles, and the glory of Thy people Israel" (Luke 2:29-32). Saint Simeon said to the Most Holy Virgin: "Behold, this child is set for the fall and rising again of many in Israel, and for a sign which shall be spoken against. Yea, a sword shall pierce through your own soul also, that the thoughts of many hearts may be revealed" (Luke 2:34-35).

At the Temple was an 84-year-old widow, Saint Anna the Prophetess, the daughter of Phanuel (February 3), "who did not leave the temple, but served God with fasting and prayers night and day." She arrived just when Saint Simeon met the Divine Child. She also gave thanks to the Lord and spoke of Him to all those who were looking for redemption of Jerusalem" (Luke 2:38). In the icon of the Feast she holds a scroll which reads: "This Child has established Heaven and earth."

Before Christ was born, the righteous men and women lived by faith in the promised Messiah, and awaited His coming. The Righteous Simeon and the Prophetess Anna, the last righteous

persons of the Old Testament, were deemed worthy to meet Him in the Temple.

The Feast of the Meeting of the Lord is among the most ancient feasts of the Christian Church. We have sermons by the holy bishops Methodios of Patara (+ 312), Cyril of Jerusalem (+ 360), Gregory the Theologian (+ 389), Amphilokhios of Iconium (+ 394), Gregory of Nyssa (+ 400), and John Chrysostom (+ 407). Despite its early origin, this Feast was not celebrated so splendidly until the VI century.

In 528, during the reign of Justinian, an earthquake killed many people in Antioch. Other misfortunes followed this one. In 541 a terrible plague broke out in Constantinople, carrying off several thousand people each day. During this time of widespread suffering, a solemn prayer service (Litia) for deliverance from evils was celebrated on the Feast of the Meeting of the Lord, and the plague ceased. Giving thanks to God, the Church established a more solemn celebration of this Feast.

Church hymnographers have adorned this Feast with their hymns: Saint Andrew of Crete in the VII century; Saint Cosmas Bishop of Maium, Saint John of Damascus, and Saint Germanus Patriarch of Constantinople in the VIII century; and Saint Joseph, Archbishop of Thessaloniki in the IX century.