



# WELCOME TO THE GOD-LOVING & GOD-PROTECTED PARISH OF ST. MICHAEL'S!

A parish of the UOC-USA and the Ecumenical Patriarchate  
[www.StMichaelUOC.org](http://www.StMichaelUOC.org) | Fr. Borislav Kroner

*“Each one shall give what he has decided in his own mind, not Grudgingly or because he is made to - for God loves a cheerful giver.” - II Cor. 9:7*

**November 24, 2024**

## **SERVICE SCHEDULE**

**Sunday, Nov. 24:** 22<sup>nd</sup> Sunday after Pentecost / Patronal Feast of St. Michael's / Great-Martyr Menas of Egypt

**Tone 5: Epistle: Gal. 6:11-18; Gospel: Luke 10:25-37**

**10:00AM Divine Liturgy -- Live video broadcast on our Facebook page: <https://www.facebook.com/StMichaelUOC/>**

## **WEEKDAY SCRIPTURE READINGS**

**Mon., Nov. 25:** St. John the Merciful, patriarch of Alexandria

**Epistle: 1 Thess. 1:1-5; Gospel: Luke 10:22-24**

**Tues, Nov. 26:** St. John Chrysostom, archbishop of Constantinople

**Epistle: 1 Thess. 1:6-10; Gospel: Luke 11:1-10**

**Wed., Nov. 27:** Holy and All-praised Apostle Philip – *FAST*

**Epistle: 1 Thess. 2:1-8; Gospel: Luke 11:9-13**

**7:00PM Thanksgiving Moleben followed by Adult Ed Classes**

**Thur, Nov. 28: THANKSGIVING DAY / Holy Martyrs and Confessors Gurias, Samonas, and Abibus – *FAST W/ FISH, WINE & OIL ALLOWED***

**Epistle: 1 Thess. 2:9-14; Gospel: Luke 16:1-9**

**BEGINNING OF THE ST. PHILIP'S/NATIVITY FAST**

**Fri., Nov. 29: Holy Apostle and Evangelist Matthew – *STRICT FAST***

**Epistle: 1 Thess. 2:14-19; Gospel: Luke 16:15-18; 17:1-4**

**Sat., Nov. 30: St. Gregory the Wonderworker of Neo-Caesarea – *FAST W/ FISH, WINE & OIL ALLOWED***

**Epistle: 2 Cor. 8:1-5; Gospel: Luke 9:57-62**

**Sunday, Dec. 1: 23<sup>rd</sup> Sunday after Pentecost / Martyr Platon of Ancyra - *FAST W/ FISH, WINE & OIL ALLOWED***

**Tone 6: Epistle: Eph. 2:4-10; Gospel: Luke 12:16-21**

**9:00AM Divine Liturgy -- Live video broadcast on our Facebook page: <https://www.facebook.com/StMichaelUOC/>**

*Remember: even when you are absent, expenses continue*

**SCRIPTURE READINGS: SUNDAY, NOV. 24, 2024**

**Gal. 6:11-18 (Epistle)**

Brethren, See with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

**Luke 10:25-37 (Gospel)**

At that time, a lawyer stood up to put him to the test, saying, "Teacher, what shall I do to inherit eternal life?" He said to him, "What is written in the law? How do you read?" And he answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself." And he said to him, "You have answered right; do this, and you will live." But he, desiring to justify himself, said to Jesus, "And who is my neighbor?"

Jesus replied, "A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him, and departed, leaving him half dead. Now by chance a priest was going down that road; and when he saw him he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he journeyed, came to where he was; and when he saw him, he had compassion, and went to him and bound up his wounds, pouring on oil and wine; then he set him on his own beast and brought him to an inn, and took care of him. And the next day he took out two denarii and gave them to the innkeeper, saying, 'Take care of him; and whatever more you spend, I will repay you when I come back.' Which of these three, do you think, proved neighbor to the man who fell among the robbers?" He said, "The one who showed mercy on him." And Jesus said to him, "Go and do likewise."

## **PARISH NEWS**

**--WE WELCOME** His Eminence, Archbishop Daniel and the seminarians to our parish to help us celebrate our patronal feast of Archangel Michael.

**--WE EXTEND BIRTHDAY GREETINGS** to: Barbara Johnson (Nov. 18), and **WEDDING ANNIVERSARY GREETINGS** to: Fr. Borislav & Panimatushka Izabela Kroner (Nov. 18), may God grant you, all, Many, Happy Years! Многая літа!

**--SAINT MICHAEL'S DAY LUNCHEON: TODAY**, Sunday November 24, 2024 Following Divine Liturgy.

**--STEVEN HRECZUCK**: is convalescing at Spaulding Rehab, but will be relocated to another facility. He can be texted at: 617-952-5527

**--WE NEED COOKIE BAKERS**: Our cookie walk is quickly coming upon us! ***WE NEED YOU TO HELP US BAKE!!*** Please plan on helping with a couple of your favorite recipes! We ask for at least six dozen of each variety you make. This is a huge fundraiser for us. And we need your help the day of the walk as well. It's a short, fun morning!

We are less than 4 weeks away from our cookie walk!! We need everyone's help and cooperation to bake and be available for help at the walk! These food sales are imperative to the financial wellbeing of our parish. Please help all you can!

We are also seeking donations for a basket raffle. Gift cards are always a big hit!!! Thank you!

**--FROM THE PARISH AUDITORS AND KITCHEN STAFF**:  
Dear Parishioners of St. Michael's

As auditors we are asking for your help. You may already know that our Ukrainian kitchen is the most profitable fundraising effort we have to support our beloved church. The Ukrainian kitchen funds church expenses, provides awareness to the public of our cherished Ukrainian culture and traditions, and offers an opportunity for us to meet in fellowship.

We need your help because our parish, solely responsible for all monetary aspects of running our church, relies on donations and fundraising efforts to meet expenses. We receive no funds from the consistory. Our expenses include the priest's salary (including FICA) and family health benefits, pension contribution, gas allotment, housing including heat, electric, internet, maintenance of the house, etc. Other expenses include the heat and electric for the church and the hall, snow removal, grass cutting and landscape maintenance, and any unforeseen repairs/maintenance to those buildings.

As of late the help in the kitchen has dwindled to 6 or 7 dedicated individuals who give up loads of time, energy, and money towards keeping our church doors open. This is not a sustainable situation for us or the church.

So this is a plea to those of you who have the time during the week to come help in the kitchen. ***NO SPECIAL SKILLS ARE REQUIRED!*** Many hands make light work. We will teach you any skill you are not sure of but would like to learn.

Here is a list of tasks that get done in varenyky sessions over 2-3 days: Peel potatoes / Cook and mash, season potatoes / Make balls of filling / Make dough / Run dough sheeter / Cut, fill and pinch varenyky / Re-pinch varenyky / Par-cook and cool varenyky / Dry and pack varenyky for the freezer / Vac seal by the dozen (after a few days in the freezer)

For those of you who are thinking "they should have sessions on Saturdays," we have tried this. We were not successful in getting more help. If enough people let us know that they are willing to commit to help on a Saturday, we could try again.

Our next session will be making stuffed cabbage on Nov 20, 8:30 am. After the holidays we will be setting a new kitchen schedule.

***ANY AMOUNT OF TIME YOU COULD SPARE WOULD BE GREAT - LEAVE EARLY, COME LATE, STAY AN HOUR.*** It all helps!  
Yours in Christ, Donna Eichorn & Dorothy Karolyshyn

**--COOKIE WALK BASKET RAFFLE:** Our Senior UOL will be sponsoring a basket raffle at our Christmas Cookie Walk & Food Sale! Can you help? We need baskets and/or gift cards for this event. Please give your donation commitment to Janice or Erika. Thank You!

**--ADOPT-A-FAMILY:** The Senior UOL asks for your help with this outreach project! For 39 years, the Community Care Alliance of Woonsocket has sponsored "Adopt-A-Family" at the Christmas Season. This is a program that helps families with children who would normally not have anything for Christmas. These families are provided with gifts that they can leave under the Christmas tree for their children.

We have "adopted" a family of a single mother, with with four children. They are asking for help that her children might have a normal Christmas. Please visit the "Christmas Tree" display on the wall in the Parish Hall and take the ornaments for the gifts you will be providing.

Once you choose the gift(s) you'd like to purchase, here's what you'll do. You will wrap your gift, and leave tags on, in the event exchange is needed. Do NOT put receipts with the gifts.

Your gift must be labeled with the child/family information provided on the back of the ornament.

**All gifts MUST be delivered to the Church Hall by Sunday, December 8<sup>th</sup>!! There are absolutely NO exceptions to this date. (We must deliver on December 9th)**

Please see or contact Cindy if you can help or volunteer for the drop off day. [charestr@aol.com](mailto:charestr@aol.com)

If you are unable to shop and buy gifts, donations will be accepted.

Thank you all for your participation in making this holiday a little brighter for at least one local family! "God Bless Us, Everyone"!

**---CANNED GOOD DRIVE:** We will be collecting canned goods throughout the month of November and December and will donate them to a local food pantry in memory of those who perished during the Holodomor. There will be a box set up in the Church Hall for collection. (Location TBC!) Please see Janice or Erika if you have any questions.

**--DONATIONS NEEDED:** 5 lb bags of GOLD METAL Flour are needed by our kitchen staff.

**--BOXWOOD CHRISTMAS TREE CLASS:** Monday, Dec. 2 at 6PM in St. Michael's Hall, there will be a class on making your own boxwood Christmas Tree. Cost: \$75

**--WE WELCOME ANY AND ALL DONATIONS TO THE CHURCH, LARGE OR SMALL:** We are most grateful for your kindness. Your donation is essential to the church. From your contribution, we pay the priest's salary and health insurance, as well as pay the utilities for the church including water, heat, electricity, lawn care and at this time of year, snow plowing and salting the ice on the driveway.

Checks should be made out to St. Michael Ukrainian Orthodox Church. Please offer your donations during the church collection or send your dues and donations to:

St. Michael Ukrainian Orthodox Church  
74 Harris Ave.  
Woonsocket, RI 02895

## **UPCOMING PARISH EVENTS**

**--Monday, Dec. 2:** Boxwood Tree Class, in Church Hall @ 6PM /  
Cost: \$75

**--Sunday, Dec. 8:** Semi-Annual Parish Meeting during Coffee Hour.

**--Saturday, Dec. 14:** Cookie Walk 9 to 11AM

## **UOL CORNER**

**--UOL'S MISSION STATEMENT:** "The Ukrainian Orthodox League is a national volunteer organization of members in the Ukrainian Orthodox Church of the USA, who are committed to promoting the Orthodox Faith, supporting the Church, developing the potential of our youth and their active participation in the life of the Church, and preserving Ukrainian heritage and culture."

**--UOL MOTTO:** "Dedicated to our Church, Devoted to Its Youth"

### **--GOALS OF THE UOL:**

- Promoting active participation in all aspects of the Orthodox faith and supporting the Church.
- Developing and maintaining programs and projects which educate members and promote dedication and commitment to the Church, Her teachings, traditions, and missions.
- Proving opportunities for the development of leadership skills and responsibility among the youth of the Ukrainian Orthodox Church of the USA.
- Providing and promoting information on Ukrainian heritage and history to the general public and establishing means which ensure the continuation of cultural awareness and pride within our membership.

**--IMPORTANT NEWS FROM OUR SR. UOL CHAPTER:** We have been selected (by our choice) to once again host an Annual UOL Convention! We have plenty of time to plan and fund raise as our year will be 2027.....10 years since the last time we hosted!

Our first fund raiser is now underway! We have a Christmas Basket full of gifts that will be more fun to open than scratching a block of scratch tickets! The tickets for the basket will be available at our September Festival and Christmas cookie Walk, when the basket winner will be chosen!

Please help support our worthy cause by helping however you can. Do you have an idea for a fundraiser to help and would you be willing to take charge of it? We need you, as the churches need the UOL! Please consider offering your help. See any of the officers, or better yet, join us at a meeting and consider joining the UOL!! You will not regret it!"

**In His Love, (and thank you), Janice, Erika, Cindy and Eleanor**

**--Sunday, Dec. 29: UOL Meeting during coffee hour.**

## **CHURCH SCHOOL CORNER**

**--Sunday, Dec. 1, 8 & 22: Church School classes**

**--Sunday, Dec. 15: St. Nicholas Day celebration**

**--Sunday, Dec. 29: 15 mins with Father**



*Make your own....  
Boxwood Christmas Tree!*

*Monday December 2, 2024  
6-8:30PM*



*\$75 per person*

*St. Michael Ukrainian  
Orthodox Church Hall*

*74 Harris Avenue  
Woonsocket, RI 02895*

*Includes all materials, one drink voucher  
and light snacks. Cash bar available.  
Class size is limited. Please register at:  
[st-michael-uoc.square.site](http://st-michael-uoc.square.site)*

For more information call Cindy at 401-744-8061





In this month of November, we, the Council of Bishops of the Ukrainian Orthodox Church of the USA and Diaspora, solemnly gather to honor the memory of the millions of Ukrainian souls who perished during the Holodomor of 1932-1933, a brutal genocidal famine inflicted by the godless Soviet regime. This tragedy was not merely a famine but a calculated act of oppression—a genocide that sought to erase the spirit, culture, and future of the Ukrainian nation.

As we reflect on this dark chapter of history, we cannot turn a blind eye to the ongoing horrors inflicted upon Ukraine by modern-day Russia. Once again, our people are subject to a campaign of destruction aimed at annihilating not only the Ukrainian land but the essence of life itself in our beloved ancestral homeland. Cities, towns, and villages that once echoed with the laughter of children, the vibrant energy of youth, and the caring presence of the elderly are now torn asunder by the godless forces of oppression. Innocent lives are being sacrificed; the sacred gifts of freedom, dignity, and human worth are being desecrated in the cruelest way imaginable.

In our spiritual center, located in the towns of South Bound Brook and Somerset, New Jersey - we hold the Holodomor Memorial - St. Andrew Ukrainian Orthodox Memorial Church, the first of its kind on international soil, dedicated to the memory of those who perished in the Holodomor. This sacred place, established by the sacrifice and dedication of Ukrainian Americans, stands as an enduring witness to the truth of our history and a testament to our faith and resilience as a people.

As Orthodox Christians, we carry a responsibility to educate the world about the atrocities of the past and present. We must instill in our young people, and in all people - regardless of their background, nationality, or race - a clear understanding of the consequences of hatred, indifference, and unchecked power. Only by remembering can we ensure that such horrors never take root in a free and democratic society.

This November, we call upon all faithful, and all people of goodwill, to pray fervently for the souls lost in the Holodomor and the current war in Ukraine. We urge our communities to speak out, to educate, and to act. Together, we bear witness to the sanctity of life and the enduring power of faith, hope, and love in the face of evil.

May the memory of the innocent never fade. May the strength of our faith inspire a world where such tragedies cease to exist.

With prayers in Christ,

+Antony, Metropolitan of the UOC of the USA and Diaspora

+Jeremiah, Archbishop of the UOC Eparchy of South America

+Daniel, Archbishop of the UOC of the USA and Western Europe



У листопаді цього місяця ми, Собор Єпископів Української Православної Церкви США та Діаспори, урочисто збираємося, щоб вшанувати пам'ять мільйонів Українських душ, які загинули під час Голодомору 1932-1933 років, жорстокого голодомору-геноциду, спричиненого безбожним радянським режимом. Ця трагедія була не просто голодомором, а цілеспрямованим актом гноблення — геноцидом, що мав на меті стерти дух, культуру та майбутнє української нації.

Розмірковуючи над цією темною сторінкою історії, ми не можемо заплющувати очі на жахіття, що їх завдає Україні сучасна Росія. Наш народ знову став об'єктом винищувальної кампанії, спрямованої на знищення не тільки української землі, але й самої суті життя на нашій любій батьківщині. Міста, селища та села, які колись лунали дитячим сміхом, енергією молоді та турботливою присутністю людей похилого віку, тепер розірвані на частини безбожними силами чергового гноблення. Невинні життя стають жертвою

насилля; священні дари свободи, гідності та людської цінності паплюжаться найжорстокішим способом, який тільки можна собі уявити.

У нашому духовному осередку, розташованому в містах Саут-Баунд-Брук і Сомерсет, штат Нью-Джерсі, ми маємо Меморіал Жертвам Голодомору – Свято-Андріївську Українську Православну Церкву-Пам'ятник, першу в своєму роді на міжнародному рівні, присвячену пам'яті тих, хто загинув під час Голодомору. Це священне місце, створене завдяки жертвності та відданості Українських Американців, є вічним свідченням правди нашої історії та свідченням нашої віри і стійкості як народу.

Як Православні Християни, ми несемо відповідальність розповісти світові про звірства минулого та сьогодення. Ми повинні прищепити нашій молоді та всім людям - незалежно від їх походження, національності чи раси - чітке розуміння наслідків ненависті, байдужості та безконтрольної влади. Тільки пам'ятаючи, ми можемо гарантувати, що такі жахіття ніколи не пустять коріння у вільному та демократичному суспільстві.

У листопаді цього року ми закликаємо всіх вірних і всіх людей доброї волі до ревної молитви за душі людей, котрі втратили свої життя під час Голодомору та нинішньої війни в Україні. Ми закликаємо наші громади говорити, навчати та діяти. Разом ми свідчимо про святість життя та незламну силу віри, надії та любові перед обличчям зла.

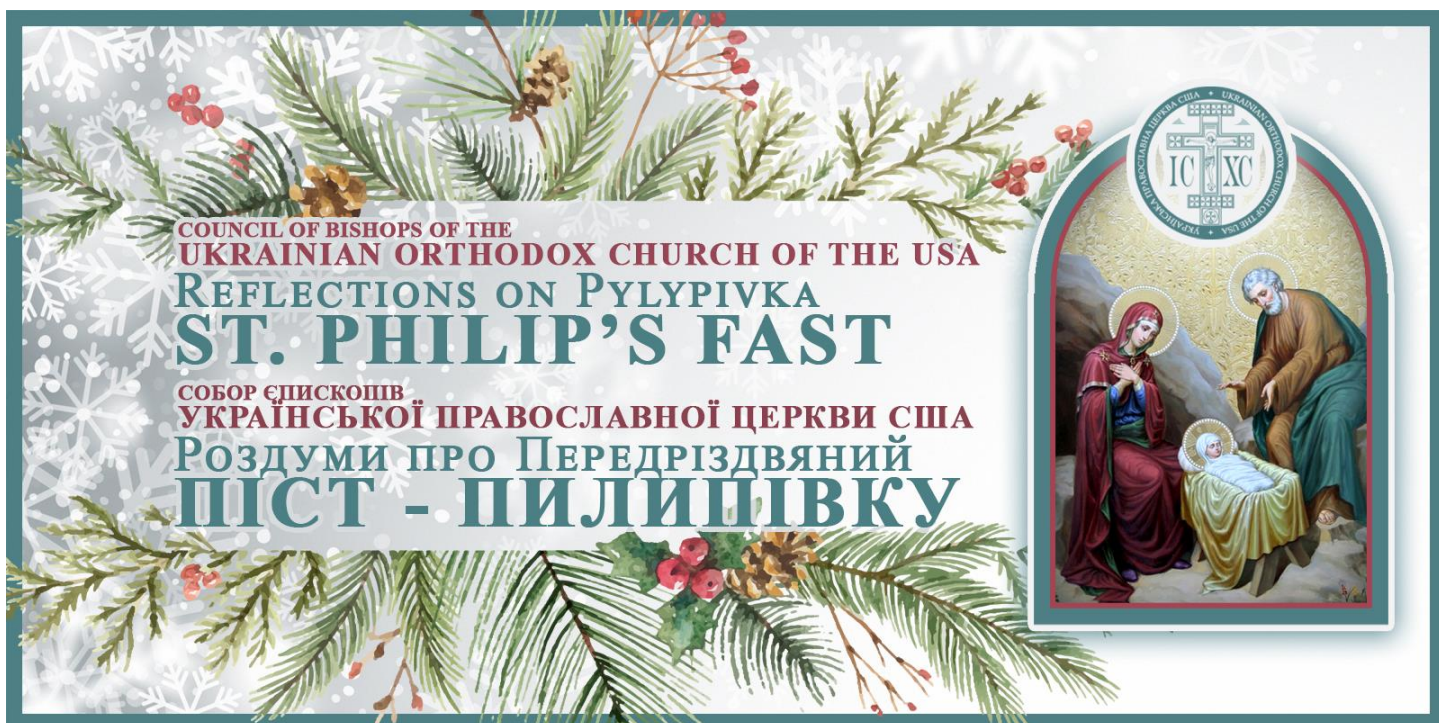
Нехай ніколи не згасне пам'ять про невинно убитих. Нехай сила нашої віри надихає світ, в якому подібні трагедії перестануть існувати.

З молитвами,

+Антоній, Митрополит УПЦ США і Діаспори

+Єремія, Архієпископ Південноамериканської Єпархії УПЦ

+Даниїл, Архієпископ УПЦ США і Західної Європи



*To the Venerable and Christ-loving clergy and laity of the Ukrainian Orthodox Church in Australia, New Zealand, Europe, South America, the United States of America and in Ukraine.*

***May the Grace of our Lord and God and Savior Jesus Christ, the Love of God the Father and the Fellowship of the Holy Spirit be with you all!***

Beloved Faithful,

As we enter the sacred period of St. Philip's Fast, the journey of preparation for the Nativity of our Lord and Savior, Jesus Christ, we are invited to reflect deeply on the mystery of His becoming one of humankind. This journey calls us to approach the season with humility, love, and a profound awareness of the sanctity of life, embodied in the wondrous miracle of Christ's Incarnation.

The Annunciation reminds us of the immense gift bestowed upon humanity by God's grace. We, as Orthodox Christians, are called to hold this Biblical Truth close to our hearts. Through the Virgin Mary, the Mother of God, a child was conceived - Jesus, the Savior of the world. The One who brings peace, stability, and salvation to all was born in humility and love. The Nativity of Christ is not merely an event in the past but an ever-present reality calling us to prepare our spiritual households, to make ready a place within us for the Christ Child. Let us endeavor to welcome Him with hearts that are repentant, faithful, and passionately aflame with love. In these uncertain times, as we witness moral and cultural decay around us, it becomes ever more essential to guard our Christian values and Orthodox way of life. We are called to uphold the sanctity of life, to honor our loved ones and to live in obedience to our Lord's two Great Commandments – to love God with all our heart, mind, soul and body and to love our neighbor as we love ourselves, all of us created in the image of God. Our journey through this season of fasting and prayer is an opportunity to renew our commitment to the holy virtues that illuminate the path to Christ, the "Sun of Righteousness."

As we prepare for the Nativity of our Lord, let us also deepen our acts of charity, love, and compassion. In the spirit of giving, let us remember that beyond material gifts, we all are called to become gifts of love in the very secularized world. By serving others, by reaching out to the lonely, the suffering, and the poor, we embody Christ's love. This is our truest offering, the gift that reflects His life and

mission. In this fast, let us not only give gifts of love but also strive to *become* gifts of love.

Let us allow God to shape us into vessels of His love, peace and compassion. As we prepare our hearts to encounter the Christ Child, may we become more like Him, bearing the light of hope, faith, and love in a world that desperately needs it. We ask our Lord to bless you all with a spiritually rewarding season of St. Philip's Fast. May it be a time of profound preparation and holy expectation, leading us to the joyous celebration of Christ's Nativity, when light and life entered the world.

*With heartfelt prayers and blessings,*

**+Antony, Metropolitan**

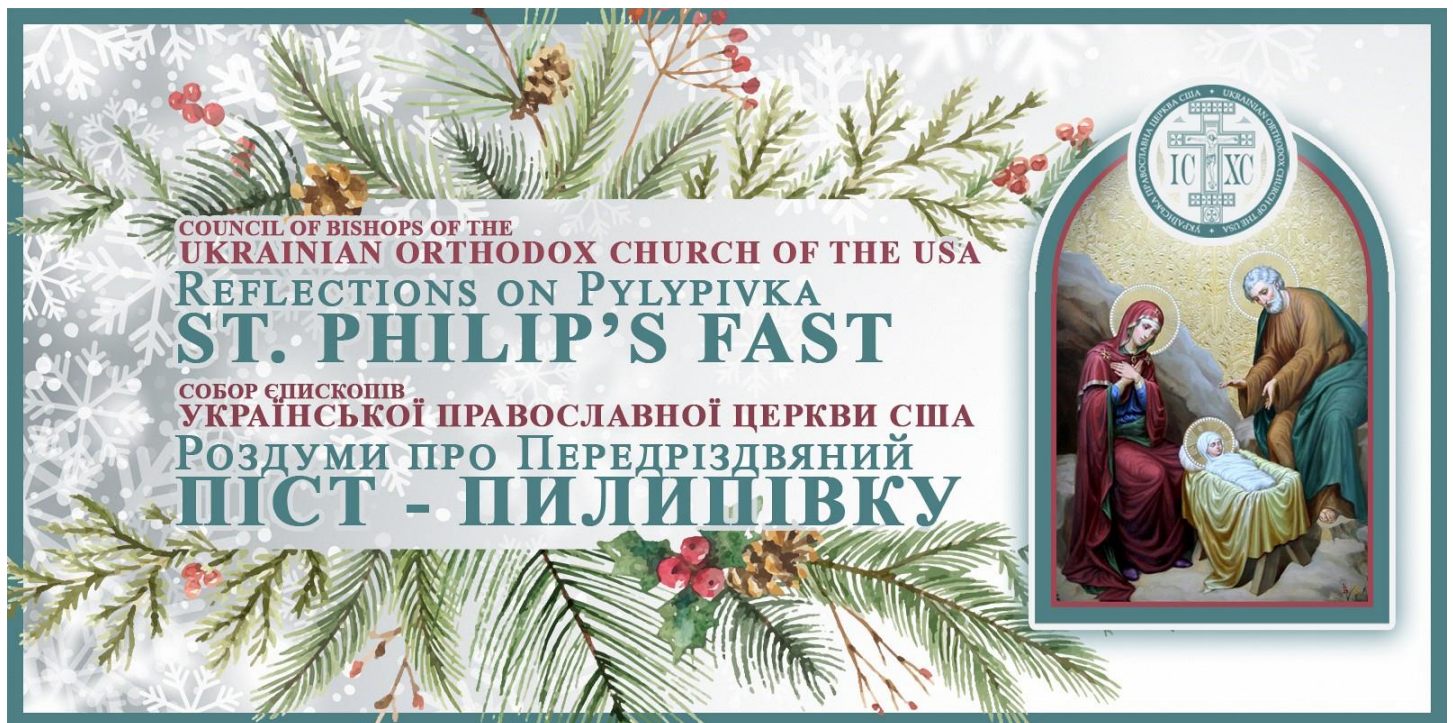
*Ukrainian Orthodox Church of the USA*

**+Jeremiah, Archbishop**

*Ukrainian Orthodox Eparchy of South America*

**+Daniel, Archbishop**

*Ukrainian Orthodox Church of the USA*



*Преподобному і Христолюбивому духовенству та мирянам Української Православної Церкви в Австралії, Новій Зеландії, Європі, Південній Америці, Сполучених Штатах Америки та в Україні.*

***Нехай Благодать Господа і Бога і Спасителя нашого Ісуса Христа, Любов Бога Отця і Причастя Святого Духа буде з усіма вами!***

Улюблені вірні,

Вступаючи у священний період Пилипового посту, котрий є подорожжю підготовки до Різдва нашого Господа і Спасителя, Ісуса Христа, ми закликаємо вас глибоко замислитися над тайною Його воз'єднання з людством. Ця подорож закликає нас підійти до цього часу зі смиренням, любов'ю та глибоким усвідомленням святості життя, втіленого в дивовижному чуді Втілення Христа.

Благовіщення нагадує нам про величезний дар, дарований людству Божою благодаттю. Ми, як православні християни, покликані тримати цю Біблійну Істину близько до свого серця. Через Діву Марію, Богородицю, було зачате

дитя – Ісус, Спаситель світу. Той, Хто несе мир, стабільність і спасіння для всіх, народився у смиренні та любові. Різдво Христове – це не просто подія, яка трапилась в минулому, але постійна реальність, яка закликає нас приготувати наші духовні домівки, приготувати в собі місце для Немовляти Христа. Намагаймося зустріти Його серцем покаянним, вірним і палко палаючим любов'ю.

У ці непевні часи, будучи свідками морального та культурного занепаду навколо нас, стає все більш необхідним оберігати наші християнські цінності та православний спосіб життя. Ми покликані підтримувати святість життя, шанувати наших близьких і жити за двома великими заповідями нашого Господа – любити Бога всім серцем, розумом, душею і тілом і любити ближнього, як самого себе, бо всі ми створені за образом Божим. Наша подорож протягом цього періоду посту та молитви є нагодою відновити нашу відданість святим чеснотам, які освітлюють шлях до Христа, «Сонця Праведності».

Готуючись до Різдва Господнього, поглиблюймо також наші діла милосердя, любові та співчуття. У дусі жертвності пам'ятаймо, що крім матеріальних дарів, ми всі покликані стати дарами любові в дуже секуляризованому світі. Служачи іншим, простягаючи руку допомоги самотнім, стражденним і бідним, ми втілюємо любов Христа. Це наша справжня жертва, дар, який відображає Його життя та місію. У цей піст не обмежуйте даруванням подарунків любові, але намагайтеся стати тим даром любові.

Дозвольмо Богу вчинити нас носіями Його любові, миру та співчуття. Готуючи свої серця до зустрічі з Дитятком Христом, станьмо більш подібними до Нього, несучи світло надії, віри та любові у світ, який цього відчайдушно потребує. Ми просимо нашого Господа благословити вас усіх на духовно сприятливий період Пилипівського посту. Нехай він буде часом глибокого приготування і святого очікування, що веде нас до радісного святкування Різдва Христового, де у світ прийшло світло і життя.

*Зі щирими молитвами та благословенням,*

**+Антоній, Митрополит**

*Українська Православна Церква США*

**+Єремія, Архієпископ**

*Українська Православна Єпархія Південної Америки*

**+Даниїл, Архієпископ**

*Українська Православна Церква США*

## **ST. PHILIP / NATIVITY FAST**

Did you know that the Nativity Fast prepares us to experience the true meaning of Christmas?

Each year, on November 28, a 40-day fasting period begins in preparation for the Lord's Nativity. As one of the four annual fasting periods, the Nativity Fast is more lenient than Great Lent. Until the last two weeks

before Christmas, fish, wine, and oil are on the menu for weekends and weekdays—except Wednesdays and Fridays.

With two weeks until Christmas, the fast intensifies, and fish is off the menu. At that point, wine and oil are still on the menu on the two weekends preceding Christmas. The Gospel teaches us to fast joyfully and in such a way that no one knows we are fasting. Check with your parish priest or spiritual father about how to keep the fast according to your spiritual state and physical wellbeing.

This Nativity period is a joyous occasion that prepares our whole being to experience the true meaning of Christmas—Our Lord's Incarnation—His taking on human flesh from the Virgin Mary. Christ opened the way to our salvation by uniting His divinity to our humanity. As Saint Athanasios the Great says, "God became man so that man can become God." The Church Fathers call this process of becoming God by grace *theosis*.

Asceticism—prayer, fasting, and almsgiving—and participating in the Holy Sacraments transform us to become like God. The Church encourages us to increase our prayer and almsgiving and decrease what comes between us and God.

The 12 fast-free days of Christmas following the Lord's Nativity on January 7 (until the Eve of Theophany on January 18, which is a strict fast) reminds us to glorify God for the greatest gift He has given us: Himself.

### **IN THE RUBRICS BOOK OF THE CHURCH WE READ:**

At all times it is essential to bear in mind that 'you are not under the law but under grace' (Romans 6:14), and that 'the letter kills, but the Spirit gives life' (2 Cor. 3:6).

The rules of fasting, while they need to be taken seriously, are not to be interpreted with dour and pedantic legalism; 'for the Kingdom of God is not food and drink, but righteousness and peace and joy in the Holy Spirit' (Romans 14:17).

# Praying Our Way Together

Sign up by  
Nov, 18,  
2024

Sponsored by the UOL Education Commission

Looking for something to heighten your spiritual journey to prepare for the Nativity?

*Planning a prayer group for Advent.*

*If you would like to journey with us, please email your name, phone number, parish name, and parish address to Oleh Bilynsky at [nsufler@aol.com](mailto:nsufler@aol.com)*



UKRAINIAN ORTHODOX LEAGUE  
[nsufler@aol.com](mailto:nsufler@aol.com)  
[ukofitsa.org](http://ukofitsa.org)



## What is required?

Those who sign up for Praying Our Way through Advent/Philip's Fast will be emailed readings for each day/week (Monday through Friday). Participants complete the readings in the privacy of their homes at whatever time is convenient for them. Prayer partners are assigned and you are asked to pray for your prayer partner throughout Advent. So, although we are reading privately, there is community in knowing we are all praying on these days and praying for each other.





# Advent Prayer Pal

Why not start a Prayer Pal program in your parish.



What you need to do:

1. Find people willing to participate. "Would you like a prayer pal? All you have to do is pray for them with the prayer I give you, then greet them on Nativity."
2. Print out the Prayer Pal cards and write the participants names on them.
3. Throw all names into a hat and have participants pick their Prayer Pals.
4. Pray each day for your Prayer Pal.
5. Greet your Prayer Pal on Christmas Day.



It's that simple! It's a great way to increase your praying during Advent, to meet new people in your parish, and to share good tidings with your church family on the day of Nativity.



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uolofusa.org



During Advent, pray for your prayer pal. On Christmas, present your Prayer pal with an ornament or small token to let them know you recalled them in your prayers.

Save, O Lord, and have mercy on Thy servant,  
\_\_\_\_\_, (bow)

Deliver (him/her) from every tribulation, wrath, and need. (bow)

From every sickness of soul and body. (bow)

Forgive (him/her) every transgression, voluntary and involuntary. (bow)

And do whatever is profitable for our souls. (bow)



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## МОЛИТВА ЗА УКРАЇНУ

ГОСПОДИ, БОЖЕ НАШ,  
ВЕЛИКИЙ І ВСЕСИЛЬНИЙ, МИ ГРІШНІ ДІТИ ТВОЇ, ЗВЕРТАЄМОСЯ ДО ТЕБЕ У  
ПОКОРІ СЕРДЕЦЬ НАШИХ І НИЗЬКО СХИЛЯЄМО ГОЛОВИ НАШІ ПЕРЕД  
ТОБОЮ. БЛАГАЄМО ТЕБЕ ЗА БЕЗМЕЖНЕ МИЛОСЕРДЯ ТА ЩЕДРІ  
БЛАГОСЛОВЕННЯ ДЛЯ НАРОДУ – ЛЮДЕЙ – УКРАЇНИ, У ЦІ ДНІ ВЕЛИКОЇ  
НЕБЕЗПЕКИ ДЛЯ ЇХ МИРНОГО ЖИТТЯ І ДОБРОБУТУ.

О ГОСПОДИ, НАШИМ БРАТАМ І СЕСТРАМ, ЗНОВУ ЗАГРОЖУЮТЬ АГРЕСОРИ,  
ЯКІ БАЧАТЬ У НИХ ЛИШЕ ПРОСТУ ПЕРЕШКОДУ, ЩО ПЕРЕГОРОДЖУЄ ШЛЯХ  
ДО ПОВНОГО ПАНУВАННЯ НАД ДОРОГОЦІННОЮ ЗЕМЛЕЮ ТА РЕСУРСАМИ  
УКРАЇНИ. ЗМІЦНИ ЛЮДЕЙ, У ЧАСІ ЦІЄЇ ВЕЛИКОЇ НЕБЕЗПЕКИ, ЯКІ  
ЗВЕРТАЮТЬСЯ ДО ТЕБЕ У БЕЗМІРНО ГЛИБОКІЙ ВІРІ, ДОВІРІ ТА ЛЮБОВІ, ЯКІ  
ВОНИ ПЛЕКАЛИ ДО ТЕБЕ УСЕ СВОЄ ЖИТТЯ. ЗІШЛИ ГОСПОДИ, СВОЇХ  
НЕБЕСНИХ АНГЕЛІВ, ЯКИМИ КЕРУЄ ПОКРОВИТЕЛЬ МІСТА КИЄВА  
АРХІСТРАТИГ МИХАЇЛ, ЩОБ ВИКОРИНИТИ БАЖАННЯ АГРЕСОРА ЗНИЩИТИ  
НАШ НАРОД.

ДАРУЙ ГОСПОДИ, ЄДНІСТЬ РОЗУМУ, СЕРЦЯ І ДУШІ ВСІМ ДЕРЖАВНИМ  
ЛІДЕРАМ І ТИМ, КОМУ ВОНИ СЛУЖАТЬ. ОБ'ЄДНАЙ ЇХ УСІХ В ОДНУ ВЕЛИКУ  
ХРИСТІЯНСЬКУ РОДИНУ, ЩОБ ВОНИ РАЗОМ, ЯК БРАТИ І СЕСТРИ,  
ПРОСЛАВЛЯЛИ ТВОЄ ВЕЛИЧНЕ ІМ'Я – БОГА В СВЯТІЙ ТРОЙЦІ – ОТЦЯ,  
СИНА І СВЯТОГО ДУХА, НИНИ І ПОВСЯКЧАС, І НА ВІКИ ВІЧНІ.

АМІНЬ.



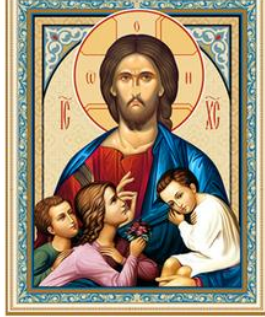
## PRAYER FOR UKRAINE

LORD OUR GOD,  
GREAT AND ALMIGHTY, WE YOUR SINFUL CHILDREN TURN TO YOU WITH  
HUMILITY IN OUR HEARTS AND BOW OUR HEADS LOW BEFORE YOU. WE  
BESEECH YOUR LOVING KINDNESS AND ABUNDANT BLESSINGS UPON THE  
NATION – THE PEOPLE – OF UKRAINE DURING THESE DAYS OF GREAT DANGER  
TO THEIR SAFETY AND WELL-BEING.

OUR BROTHERS AND SISTERS, LORD, ARE ONCE AGAIN THREATENED BY  
AGGRESSORS WHO SEE THEM ONLY AS SIMPLE OBSTACLES BLOCKING THE  
PATH TO THE COMPLETE DOMINATION OF THE PRECIOUS LAND AND  
RESOURCES OF THE COUNTRY OF UKRAINE. STRENGTHEN THE PEOPLE AS  
THEY FACE THIS GREAT DANGER, TURNING TO YOU IN THE IMMEASURABLY  
DEEP FAITH, TRUST AND LOVE THEY HAVE PLACED IN YOU ALL THEIR LIVES.  
SEND YOUR HEAVENLY LEGIONS, O LORD, COMMANDED BY THE PATRON OF  
KYIV, ARCHANGEL MICHAEL, TO CRUSH THE DESIRES OF THE AGGRESSOR  
WHOSE DESIRE IS TO ERADICATE YOUR PEOPLE.

GRANT UNITY OF MIND, HEART AND SOUL, O LORD TO ALL LEADERS IN PUBLIC  
SERVICE WITH THOSE THEY SERVE. UNITE THEM ALL INTO ONE, GREAT  
CHRISTIAN FAMILY, SO THAT TOGETHER, AS BROTHERS AND SISTERS, THEY  
MAY GLORIFY YOUR MAJESTIC NAME – GOD IN THE HOLY TRINITY – FATHER,  
SON AND HOLY SPIRIT, NOW AND EVER AND UNTO THE AGES OF AGES.

AMEN.



## **PRAYER FOR CHILDREN OF UKRAINE KIDNAPPED BY RUSSIAN FEDERATION INVADERS**

In the Name of the Father, and of the Son and of the Holy Spirit. Amen.

We come before You in sincere prayer, O God Almighty and with heavy hearts, we lift up the innocent children of Ukraine who have been kidnapped into the Russian Federation, taken forcefully from their homes and families during this, yet another invasion and genocide of our beloved homeland. Lord, You are the protector of the weak and the guardian of the vulnerable. We ask for Your divine intervention in and for their lives. Put an end to the soviet style “re-education policies” to turn them against their families and their native Ukraine.

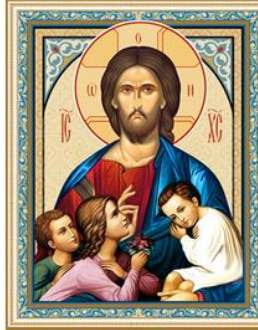
Surround these children with the Resurrection Love and Peace that emanate from your Empty Tomb. Comfort them in their fear and confusion, granting them the strength to endure these present trials and the knowledge that their families yearn for them and the nations of the world are struggling to free them. Lord, we pray for their safety and that these struggles will conclude in their swift return to their families and homeland.

Touch the hearts of even those who have stolen them, O Lord, that they may be moved by compassion and conscience to act with justice and mercy. Soften their hearts of these kidnapers, guiding them towards actions that will bring these children back to their homes, lest they be equated to those who slaughtered the innocents in Bethlehem after the Incarnation of Christ our Lord.

We also pray fervently for the families left behind who, without question, are enduring unimaginable pain and anguish. Grant them hope and courage that they may feel Your Loving Presence in this time of suffering and assurance that Your Holy Spirit is with their children eternally.

In Your infinite mercy and power, Lord, bring about a resolution to this invasion. Restore peace and justice to independent Ukraine, which will once again rise from the ashes like the proverbial Phoenix, and soar amongst the free nations of the world. We trust in Your mighty power and unfailing love, believing that You hear our prayers and are with us always.

In the Name of the Father and of the Son and of the Holy Spirit. Amen.



## МОЛИТВА ЗА ДІТЕЙ УКРАЇНИ ВИКРАДЕНИХ ЗАГАРБНИКАМИ РОСІЙСЬКОЇ ФЕДЕРАЦІЇ

В Ім'я Отця, і Сина, і Святого Духа. Амінь.

Ми постаємо перед Тобою, о Всемогутній Боже, з обтяженим серцем, підносячи наші молитви за невинних дітей України, які були викрадені до Російської Федерації, насильно забрані з їхніх домівок і сімей у час цього чергового вторгнення та геноциду нашої улюбленої Батьківщини. Господи, Ти є захисником немічних і охоронцем вразливих. Ми просимо Твого божественного втручання та заступництва за їхнє життя. Господи, могутністю Твою, зупини радянську «політику перевиховання», налаштовуючи дітей проти їх сімей та рідної України.

Огорни цих дітей Любов'ю та Миром Воскресіння, які виходять із Твого Порожнього Гробу. Подай утішення їм серед страху та збентеження, даруючи їм сили витримати ці нинішні випробування та подай їм розуміння того, що їхні сім'ї прагнуть повернути їх, а нації по всьому світу намагаються їх звільнити. Господи, ми молимося за їхню безпеку і щоб ці випробування завершилися їхнім швидким поверненням до своїх родин на свою Батьківщину.

Доторкнись, Господи, навіть до сердець тих, хто їх викрав, спонукаючи їх до співчуття і сумління діяти справедливо й милосердно. Пом'якши серця цих викрадачів, скеровуючи їх до дій, які повернуть цих дітей до їхніх домівок, щоб не прирівняти їх до тих, хто вбивав невинних дітей у Вифлеємі після Втілення Христа, нашого Господа. Ми також палко молимося за родини, які залишилися без своїх дітей та, без сумніву, терплять невимовний біль і страждання. Дай їм надію та відвагу, щоб вони могли відчувати Твою люблячу присутність у цей час страждань і впевненість у тому, що Твій Святий Дух вічно перебуває з їхніми дітьми.

У Твоєму безмежному милосерді та силі, Господи, поклади кінець цьому вторгненню. Поверни мир і справедливість у незалежну Україну, яка знову повстане з попелу, як прославлений Фенікс, і злетить серед вільних націй світу. Покладаємось на Твою могутню силу та незмінну любов, вірячи, що Ти чуєш наші молитви та завжди перебуваєш з нами.

В Ім'я Отця і Сина і Святого Духа. Амінь.



UKRAINIAN ORTHODOX CHURCH OF THE USA

## NOVEMBER CELEBRATIONS У ЛИСТОПАДІ СВЯТКУЄМО

УКРАЇНСЬКА ПРАВОСЛАВНА ЦЕРКВА США



**2**

**DEMETRIOS MEMORIAL SATURDAY**

ДИМИТРІВСЬКА ПОМИНАЛЬНА СУБОТА

**5**

**HOLY APOSTLE JAMES THE BROTHER OF THE LORD**

АПОСТОЛА ЯКОВА, БРАТА ГОСПОДНЯ ПО ПЛОТІ

**8**

**HOLY AND GLORIOUS GREAT-MARTYR DEMETRIUS OF THESSALONICA**

ВМЧ. ДИМИТРІЯ СОЛУНСЬКОГО

**9**

**ST. NESTOR THE CHRONICLER OF THE KYIV CAVES**

ПРП. НЕСТОРА ЛІТОПИСЦЯ, ПЕЧЕРСЬКОГО, В БЛИЖНІХ ПЕЧЕРАХ

**10**

**REPOSE OF VEN. JOB OF POCHAIV**

ПРП. ІОВА, ІГУМЕНА ПОЧАЇВСЬКОГО

**25**

**HOLODOMOR REMEMBRANCE DAY**

ДЕНЬ ПАМ'ЯТІ ЖЕРТВ ГОЛОДОМОРУ

**26**

**ST. JOHN CHRYSOSTOM, ARCHBISHOP OF CONSTANTINOPLE**

СВТ. ІОАНА ЗОЛОТОУСТОГО, АРХИЄП. КОНСТАНТИНОПОЛЬСЬКОГО

**27**

**HOLY AND ALL-PRAISED APOSTLE PHILIP**

АПОСТОЛА ПИЛИПА

**28**

**BEGINNING OF PHILIP'S FAST (NATIVITY FAST/ADVANT)**

ПОЧАТОК ПИЛИПІВКИ

**29**

**HOLY APOSTLE AND EVANGELIST MATTHEW**

АПОСТОЛА І ЄВАНГЕЛІСТА МАТВІЯ

**21**

**SYNAXIS OF THE ARCHANGEL MICHAEL AND THE OTHER BODILESS POWERS**

СОБОР АРХИСТРАТИГА МИХАЇЛА І ІНШИХ НЕБЕСНИХ СИЛ БЕЗТІЛЕСНИХ

