



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

A parish of the UOC-USA and the Ecumenical Patriarchate
74 Harris Ave. Woonsocket, RI 02895 | 401.762.3939 |
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

February 19, 2023

SERVICE SCHEDULE

Sunday, Feb. 19 – Meatfare Sunday, Sunday of the Last Judgment

Tone 3 / Epistle: 1 Cor. 8:8–9:2; Gospel: Mt. 25:31-46

9:00AM Divine Liturgy – Live video broadcast on our Facebook page:

<https://www.facebook.com/StMichaelUOC/>

LAST DAY TO EAT MEAT UNTIL PASCHA

WEEKDAY SCRIPTURE READINGS

Mon., Feb. 20: Ven. Parthenius, bishop of Lampsacus on the Hellespont

Epistle: 3 Jn. 1:1-15; Gospel: Lk. 19:29-40; 22:7-39

Tues, Feb. 21: Great-martyr Theodore Stratelates

Epistle: Jude 1:1-10; Gospel: Lk. 22:39-42, 45–23:1

Wed., Feb. 22: Apodosis of the Meeting of the Lord – FAST

6 Hour: Joel. 2:12-26; Vesp.: Joel. 3:12-21

Thur., Feb. 23: Hieromartyr Charalampus, bishop of Magnesia in Thessaly, and Martyrs Porphyrius and Baptus

Epistle: Jude 1:11-25; Gospel: Lk. 23:1-34, 44-56

Fri., Feb. 24: Hieromartyr Blaise, bishop of Sebaste – FAST

6th Hour: Zech. 8:7-17; Vesp.: Zech. 8:19-23

Sat., Feb. 25: All of the venerable fathers, lit up with great deeds

Epistle: Gal. 5:22 - 6:2; Gospel: Mt. 11:27-30

4:00PM Moleben for Ukraine, followed by fellowship in the church hall.

Sunday, Feb. 26 – Cheesefare Sunday, Sunday of Forgiveness /

Expulsion of Adam from the Paradise of Bliss

Tone 4 / Epistle: Rom. 13:11–14:4; Gospel: Mt. 6:14-21

9:00AM Divine Liturgy – Live video broadcast on our Facebook page:

<https://www.facebook.com/StMichaelUOC/>

LAST DAY TO EAT DAIRY UNTIL PASCHA / THE LAST DAY BEFORE THE GREAT LENT

Remember: even when you are absent, expenses continue

PARISH NEWS

--WE EXTEND BIRTHDAY GREETINGS TO: Dn. Paul Cherkas (Feb. 14), and Wedding Anniversary of Natalie & Michael Brennan (Feb. 18), may God grant you all, **Many, Happy Years! Многая літа!**

--MOLEBEN FOR UKRAINE: Please join us at St. Michael's at 4:00PM, on Feb. 25th, for a Moleben for peace in Ukraine on the 1st anniversary of the invasion of our ancestral homeland by Putin and the Russian Federation. Invite your family and friends to join us. The media will be present so let's fill the church to its capacity. Following the service there will be a fellowship in the parish hall.

--2ND COLLECTION for the remainder of February will be for replacing the boiler in the rectory. March and April collection will be to replace the sewer pipe in the church.

--SOUPER BOWL: There will be a "Soup Pot" collection at the back of the Church during the month of February for donations to St. Andrew Society.

--CHURCH BATHROOMS: The sewer pipes have been repaired and the bathrooms are once again operational. **We apologize for the inconvenience.**

--MEATFARE SUNDAY: TODAY, Sunday, Feb. 19th. Meatfare dinner will be Chef Jeff's famous meatballs and pasta, with Italian bread and salad, coffee, wine and dessert. \$15 for adults / \$10 for kids 11-18 / Free for kids 10 and under.

--CHEESEFARE SUNDAY: Sunday, Feb. 26th. Donation of \$5 for cheesy goodness: bagels & Cream Cheese, French Toast Casserole & Cheesecake!

--FEED RI: The MAE organization/Feed RI meets at Bouley Field on Social Street pretty much every Sunday from **11:45 to 12:45** to pass out food, bagged lunches, etc. This organization is always looking for volunteers. If you are interested, please talk to **Sue Chase** for more information.

Also, we are committed to providing 150, PB&J sandwiches for **April 30th & May 14th**. Volunteers are needed.

--FROM THE FINANCIAL SECRETARY: Dues and Diocese Obligation: \$105

A reminder that St. Michael parish must meet a monetary obligation of \$105 per adult member to the Consistory of the UOC of USA at the beginning of each year. To reconfirm your membership with St. Michael parish we ask that you please use an envelope marked "dues and diocese" and submit this obligation as soon as possible at the start of each calendar year. Thank you!

Offering Envelopes will soon be available in the Narthex of the Church for those that use them. Offerings can also be submitted by mail or through your bank's "bill pay" system if you are unable to attend services in person. (This is helpful to the parish so that we can continue to keep up with any weekly or incidental expenses!) Guidance for sacrificial giving for the year 2023 is forthcoming.

Yearly giving statements for 2022 are available in the narthex of the Church. If you would like to receive yours by email instead, please email Erika

If you have recently moved or have new contact information, please contact Erika ASAP so the parish database can be updated and the correct information will appear on your statement.

Please contact Erika (Financial Secretary) with any questions regarding membership or to confirm that your information is up to date in the Parish database. Erika - einamaka@gmail.com Thank you!

--SPRING COOKIE WALK! Saturday, April 1, 2023

If you recall, we were planning for a Spring Cookie Walk in 2020 right before "you know what" started and we had to cancel subsequent

"walks"... With the successful Christmas Cookie Walk as inspiration, we are now planning a Cookie Walk for the Spring! More details to come, but start thinking about "Spring" theme cookies NOW! Sponsored by the Sr. UOL

****CURRENT GUIDELINES FOR COMING TO CHURCH DURING THE COVID-19 PANDEMIC****

1--You should NOT be in attendance if you have ANY symptoms of COVID-19, or are seriously ill. Please use your best judgment.

2--People who have knowingly been in contact with anyone who has been infected/diagnosed with COVID-19 should NOT enter the church and should quarantine according to State guidelines. They should not return to church until they have tested negative for COVID-19

****If you have been to church and have later tested positive for COVID-19 you MUST:**

- 1- Inform Father Boris OR a parish officer as soon as possible
- 2- Tell them the date you were last in church
- 3- Tell them date of your positive test

This information is VERY important for the health and safety of our (YOUR) parish family! Parishioners who attended at the same time as an infected person need to know in order to be tested and stay healthy, or be treated.

Please remember to keep an eye on your emails before coming to Church for any changes in guidance due to the pandemic. **Thank you!**

KITCHEN WORK SESSIONS

- Tuesday, Feb. 21 prepare potato filling
Wednesday, Feb. 22 pinch potato perohe
Tuesday, Mar. 7 prepare potato filling
Wednesday, Mar. 8 pinch potato perohe

UPCOMING PARISH & INTER-PARISH EVENTS

--Saturday, February 25 @ 4:00PM – Moleben for Ukraine on the 1st year anniversary of the invasion by the Russian Federation, followed by a fellowship in the parish hall.

--Sun March 5 -- St Spyridon's in Newport / Lenten Vespers @ 5PM

--Sun March 12 – Assumption in Pawtucket / Lenten Vespers @ 5PM

--Sun March 19 -- St Mary's in Pawtucket / Lenten Vespers @ 5PM

--Sun March 26 -- St Michael's in Woonsocket / Lenten Vespers @ 5PM

--Sun April 2 -- St Mary/Mina in Cranston (Hope) / Lenten Vespers @ 5PM

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"

--MEMBERSHIP IN THE UOL: Anyone wishing to join us in our ministries, please contact Erika Namaka or Janice Meschisen.

--Sunday, March 19 – UOL Meeting, after Liturgy

--Saturday, April 1, – Spring Cookie Walk

--Saturday, April 8 – Lazarus Saturday Divine Liturgy followed by church clean-up.

On the morning of February 24, 2022, as dawn broke over Ukraine, Russia declared war in the form of a “special military operation” against Ukraine.

It was at 4 am on that day that the war in Ukraine began with a strike of a rocket. With a 7-hour time difference - it was 9pm on February 23, 2022 on the East coast of the United States of America.

Millions of innocent children, men and women became refugees overnight in the neighboring Poland, Moldova, Germany and other countries, including the United States of America. Thousands of men and women lost their lives while protecting the peace and life and Ukraine. Thousands of civilians lost their homes and belongings.... Over a thousand children have been wounded and killed. Millions of people worldwide have felt the consequences of the war in Ukraine, due to food shortage, etc. That is the reality of a yearlong unprovoked war of Russian in Ukraine.

Please join us at the Spiritual Center of the Ukrainian Orthodox Church of the USA in South Bound Brook/Somerset, NJ for a commemorative Prayer Vigil on February 23, 2023 at 8pm in order to embrace the people and nation of Ukraine with reflections and prayers, as the world marks the first anniversary of this barbaric attack on civilization.

The Prayer Vigil will take place at the Ukrainian Cultural Center (135 Davidson Ave; Somerset, NJ 08873) at 8pm, marking the first moments of the strikes/attacks in Ukraine.

*With prayers for the people of Ukraine,
+Daniel, Archbishop of the UOC of the USA*

**ОДИН РІК ПІЗНІШЕ
02/24/2022 - 02/24/2023
ONE YEAR LATER**

**LET'S PRAYERFULLY
HONOR THE VICTIMS
OF THE WAR IN UKRAINE**

**ВШАНУЙМО З МОЛИТВОЮ
ЖЕРТВИ ВІЙНИ В УКРАЇНІ**

**FEBRUARY 23 ЛЮТОГО
2023**

**8PM - UKRAINIAN CULTURAL CENTER
OF THE UOC OF THE USA**

**20:00 - УКРАЇНСЬКИЙ ДІМ КУЛЬТУРИ
ДУХОВНОГО ОСЕРЕДКУ УПЦ США**

135 DAVIDSON AVE - SOMERSET, NJ 08873

UHEC

UOC OF THE USA

UOCOFUSA.ORG

JOURNEY TO PASCHA
















Ukrainian Orthodox Church of the USA

DATE	WEEKLY THEME/READINGS	PARTICIPATION
JANUARY 29 Normal Fasting Week	 ZACCHAEUS SUNDAY EPISTLE: 1 TIM. 4:9-15 GOSPEL: LUKE 19:1-10	Like Zacchaeus, make a personal effort to see Christ. Participate in Divine Liturgy. If you have been dishonest - fix it like Zacchaeus did. <i>"See" Christ is all those around you (not as easy as it sounds).</i>
FEBRUARY 5 Fast-free Week	 PUBLICAN AND PHARISEE EPISTLE: 2 TIM. 3:10-15 GOSPEL: LUKE 18:10-14	Do not think too highly of yourself. Realize your own sinfulness, asking the Lord for forgiveness and strength to overcome your shortcomings. <i>Do a good deed in secret, telling nobody (not boasting).</i>
FEBRUARY 12 Normal Fasting Week (Final Week for meat)	 PRODIGAL SON RETURNS EPISTLE: 1 COR. 6:12-20 GOSPEL: LUKE 15:11-32	God awaits our awakening to our mistakes and welcomes us with open arms. Partake in the Eucharist. <i>Commit to breaking a bad habit (watch less TV, spend less time on Social Media, spend more time with family...)</i> Final week to enjoy meat products
FEBRUARY 19 Meatfare Sunday (Final Day of meat)	 THE LAST JUDGMENT EPISTLE: 1 COR. 8:8-9:2 GOSPEL: MATTHEW 25:31-46	Contemplate the Parable of the Sheep and the Goats (Matthew 25:31-46) - when were you like a "goat" and when where you like a "sheep"? <i>Buy someone lunch (homeless person, bring a meal to a shutin, or pay it forward at a Drive-thru)</i> Final week to enjoy cheese products and dairy
FEBRUARY 26 Cheesefare Sunday (Great Lent begins tomorrow)	 EXPULSION OF ADAM/EVE FROM PARADISE EPISTLE: ROMANS 13:11-14:4 GOSPEL: MATTHEW 6:14-21	FORGIVENESS SUNDAY Ask each other for forgiveness, and forgive them (and mean it). Go to Confession/Communion. <i>Each day this week make an effort to ask forgiveness of others (at work, school, and home).</i> Final day for cheese/dairy. Lent begins tonight at 6 PM
MARCH 5	 TRIUMPH OF ORTHODOXY EPISTLE: HEB. 11:24-26, 32-12:2 GOSPEL: JOHN 1:43-51	Bring an icon to church with you. Clean your icon corner at home. <i>You are a living icon of Christ - make an effort to show Christ to the world around you this week. Be patient, kind, smile, and point others towards God and salvation.</i>
MARCH 12	 ST. GREGORY PALAMAS EPISTLE: HEBREWS 1:10-2:3 GOSPEL: MARK 2:1-12	St. Gregory Palamas advocated for constant prayer, use a prayer rope to remind you to pray and help you focus. <i>Nurture silence (don't listen to music, talk less) so you can better focus on God.</i> <i>Every day, as often as you can, pray the Jesus Prayer.</i> <i>"Lord Jesus Christ, Son of God, have mercy on me, a sinner."</i>
MARCH 19 (Half way to Pascha)	 ADORATION OF THE CROSS EPISTLE: HEBREWS 4:14-5:6 GOSPEL: MARK 8:34-9:1	Place a cross in the center of your icon corner. <i>Visibly wear your cross all week.</i> <i>Each morning and evening this week pray:</i> <i>"Before Your Cross we bow down in worship, O Master, and Your holy Resurrection we glorify."</i>
MARCH 26	 ST. JOHN CLIMACUS (OF THE LADDER) EPISTLE: HEBREWS 6:13-20 GOSPEL: MARK 9:17-31	We constantly climb a ladder through our lives as we work to reach Christ. Often we fall and start over...again and again. Never stop climbing. <i>Spend time with family - preparing and enjoying meals.</i> <i>Tell each other of an issue you encountered in your day and how you turned a negative into a positive.</i>
APRIL 2	 ST. MARY OF EGYPT EPISTLE: HEBREWS 9:11-14 GOSPEL: MARK 10:32-45	Saint Mary of Egypt became a saint only after realizing her sinfulness. <i>Contemplate which qualities you like/dislike in others, and then do a self-assessment. Would you like yourself?</i> <i>Do you think God is happy with you?</i>
APRIL 8	 LAZARUS SATURDAY EPISTLE: HEBREWS 12:28-13:8 GOSPEL: JOHN 11:1-45	By resurrecting an unquestionably dead Lazarus, Christ reaffirmed that all things are possible with God. Out of compassion the Lord wept. <i>When you encounter someone who is having a hard day, or is sad, comfort them.</i>
APRIL 9 (Great Week begins)	 ENTRY OF THE LORD INTO JERUSALEM (PALM SUNDAY) EPISTLE: PHILIPPIANS 4:4-9 GOSPEL: JOHN 12:1-18	<i>Bring Palms (Pussy Willows) to church to be blessed, and then take them home and place them in your icon corner.</i> When the Lord entered Jerusalem the people yelled out, "Hosanna in the highest" which is more than praise and adoration, but is used when crying out for help and means "save us". These same people later cried out "Crucify Him!" <i>Take care not to use the Lord's name in vain.</i>
APRIL 12 (Presanctified Liturgy)	 GREAT WEDNESDAY (ANOINTING/UNCTION SERVICE) GOSPEL: MATTHEW 26:6-16	The sinful woman anointed the Lord's feet with expensive oil, and wiped them with her hair. <i>As you comb your hair today, realize the great love the Lord has for you, in that he knows the exact count of hairs upon your head. Show your love for God by helping someone - open a door, carry a burden, give a lift, feed them...</i>
APRIL 13	 GREAT THURSDAY (MYSTICAL SUPPER) (WASHING OF FEET) <small>LIT.: 1 COR. 11:23-32; MT. 26:1-20; JN. 13:3-17; MT. 26:21-39; LK. 22:43-45; MT. 26:40 - 27:2; MT. 26:6-16 RITE OF THE WASHING OF FEET: JN. 13:1-11 JN. 13:12-17</small>	<i>After the Mystical Supper, the Lord washed the feet of the Disciples to show them how they are to treat each other - with humility, compassion and love.</i> <i>They were to serve, and not wait to be served.</i> <i>We are to serve and not be served.</i> <i>Without grumbling - make dinner, wash the dishes, sweep the floors, and pray for others.</i>
APRIL 14 (STRICT Fast day)	 GREAT FRIDAY (CHRIST IS CRUCIFIED) ROYAL HOURS AND VESPERS	The Lord suffered, was tortured, and NAILED TO THE CROSS TODAY. <i>Abstain from joviality. No TV. No music, singing, dancing. It is a STRICT fast day. Try to abstain from food until after venerating the Holy Shroud.</i>
APRIL 15 (Liturgy of St. Basil)	 GREAT SATURDAY (HARROWING OF HADES) EPISTLE: ROMANS 6:3-11 GOSPEL: MATTHEW 28:1-20	Christ's Body rests in the tomb, as He frees the righteous souls in Hades. <i>Nurture peace. No loud music. No TV. No arguing.</i> <i>Prepare Paschal meal. Color eggs.</i>
APRIL 16	 PASCHA CHRIST IS RISEN! EPISTLE: ACTS: 1:1-8 GOSPEL: JOHN 20:19-25	CHRIST IS RISEN! <i>Put all worldly cares aside and rejoice!</i>



ПОДРОЖ ДО ПАСХИ

Українська Православна Церква США

ДАТА	ЩОТИЖНЕВА ТЕМА/ЧИТАННЯ	УЧАСТЬ
29 СІЧНЯ Тиждень звичайного посту	 НЕДІЛЯ ПРО ЗАКХЕЯ Апостол: 1 Тим. 4:9-15 ЄВАНГЕЛІЄ: Лк. 19:1-10	Подібно до Закхея, докладіть зусиль, щоб побачити Христа. Беріть участь у Божественній Літургії. Якщо ви були нечесними - виправте це, як це зробив Закхей. «Вбачайте» Христа в усіх навколо вас (це не так просто, як це звучить).
5 ЛЮТОГО Тиждень без посту	 НЕДІЛЯ ПРО МИТАРЯ ТА ФАРИСЕЯ Апостол: 2 Тим. 3:10-15 ЄВАНГЕЛІЄ: Лк. 18:10-14	Не будьте високомірними. Усвідомте власну гріховність, попросивши у Господа прощення і сили подолати свої недоліки. Робіть добру справу таємно, нікому про це не розповідаючи (не вихваляючись).
12 ЛЮТОГО Тиждень звичайного посту (Останній тиждень для споживання м'ясних продуктів.)	 НЕДІЛЯ ПРО БЛУДНОГО СИНА Апостол: 1 Кор. 6:12-20 ЄВАНГЕЛІЄ: Лк. 15:11-32	Бог чекає, коли ми усвідомимо свої помилки, щоб прийняти нас з розкритими обіймами. Причащайтесь. Намагайтеся позбутися поганої звички (менше дивіться телевизор, витрачайте менше часу на соціальні мережі, проводьте більше часу з сім'єю...) Останній тиждень для споживання м'ясних продуктів.
19 ЛЮТОГО Неділя М'ясопсна (Останній день для споживання м'ясних продуктів.)	 ПРО СТРАШНИЙ СУД Апостол: 1 Кор. 8:8-9:2 ЄВАНГЕЛІЄ: Мт. 25:31-46	Поміркуйте над притчею про овець і козлів (Матвія 25:31-46) - коли ви були схожі на "козла" та чим вам подобається "овечка"? Купіть комусь обід (беззачетку, принесіть знедоленим чи заплатіть за чийсь їжу). Останній тиждень для споживання сирих/молочних молочними продуктами.
26 ЛЮТОГО Неділя Сиропсна.Прощена (Завтра починається Великий Піст)	 СПОМИН ПРО ВИГНАННЯ АДАМА З РАЮ Апостол: Рим. 13:11-14:4 ЄВАНГЕЛІЄ: Мт. 6:14-21	НЕДІЛЯ ПРОЩЕННЯ Попросіть один в одного прощення і пробачте інших (від щирого серця). Підійть до Сповіді/Причастя. Кожного дня цього тижня намагайтеся просити пробачення в інших (на роботі, у школі, вдома). Останній день для споживання сирих/молочних продуктів. Сьогодні о 18:00 починається Великий Піст.
5 БЕРЕЗНЯ	 ТОРЖЕСТВО ПРАВОСЛАВ'Я Апостол: Євр. 11:24-26, 32-12:2 ЄВАНГЕЛІЄ: Ін. 1:43-51	Візьміть з собою ікону до церкви. Приберіть вдома свій Молитовний Куточок. А Ви - це живе ікона Христа - намагайтеся цього тижня показати Христа світу навколо вас. Будьте терплячими, добрими, посміхайтесь та вказуйте іншим шлях до Бога і спасіння.
12 БЕРЕЗНЯ	 СВТ. ГРИГОРІЯ ПАЛАМИ Апостол: Євр. 1:10-2:3 ЄВАНГЕЛІЄ: Мр. 2:1-12	Св. Григорій Палама навчав постійній молитві. Використовуйте чотки, щоб нагадувати собі молитися і допомогти вам зосередитись. Практикуйте тишу (не слухайте музику, менше розмовляйте), щоб ви могли краще зосередитись на Богові. Кожен день, якомога частіше молитесь Ісусову молитву. «Господи Ісусе Христе, Сину Божий, помилуй мене грішного.»
19 БЕРЕЗНЯ (Половина шляху до Пасхи)	 ХРЕСТОПОКЛОННА Апостол: Євр. 4:14-5:6 ЄВАНГЕЛІЄ: Мр. 8:34-9:1	Розмістіть хрест в центрі вашого Молитовного Куточка. Носіть свій хрест на видноті весь тиждень. Кожного ранку і ввечері цього тижня помоліться: «Хресту Твоєму поклоняємось, Владико, і святе Воскресіння Твоє славимо.»
26 БЕРЕЗНЯ	 ПРП. ІОАНА ЛІСТВИЧНИКА Апостол: Євр. 6:13-20 ЄВАНГЕЛІЄ: Мр. 9:17-31	Ми постійно піднімаємось по драбині протягом нашого життя, намагаючись досягти Христа. Часто ми падаємо і починаємо знову... знову і знову. Ніколи не припиняйте йти по цій драбині. Проводьте час із родиною, готуючи та разом споживаючи їжу. Розкажіть один одному про проблему з якою ви стикнулись протягом дня, і про те, як ви перетворили негатив на позитив.
2 КВІТНЯ	 ПРП. МАРІЇ ЄГИПЕТСЬКОЇ Апостол: Євр. 9:11-14 ЄВАНГЕЛІЄ: Мр. 10:32-45	Преподобна Марія Єгипетська стала святою, лише усвідомивши свою гріховність. Поміркуйте, які якості вам подобаються/не подобаються в інших, а потім проведіть власну самооцінку. Чи подобається ви самі собі? Як ви думаєте, Бог радіє вам?
8 КВІТНЯ	 ЛАЗАРЕВА СУБОТА Апостол: Євр. 12:28-13:8 ЄВАНГЕЛІЄ: Ін. 11:1-45	Воскресивши безсумнівно мертвого Лазаря, Христос ще раз підтвердив, що для Бога все можливо. Зі співчуття Господь заплакав. Коли зустрічаєте людину з сумом на обличчі, чи в когось видався тяжкий день - розрадіть їх.
9 КВІТНЯ (Початок Страстного тижня)	 ВЕРБНА НЕДІЛЯ ВХІД ГОСПОДНІЙ В ЄРУСАЛИМ Апостол: Флп. 4:4-9 ЄВАНГЕЛІЄ: Ін. 12:1-18	Принесіть віття до церкви, щоб їх освятити, а потім візьміть їх додому та покладіть у свій Молитовний Куточок. Коли Господь увійшов до Єрусалиму, люди вигукували: «Осанна на висоті», вихваляючи та обожнюючи Христа, водночас просячи Христа про допомогу - «спаси нас». Ці самі люди пізніше кричали: «Розіпни Його!» Стережіться, щоб не вживати ім'я Господа даремно.
12 КВІТНЯ (Літургія Ранішосвячених Дарів)	 ВЕЛИКА СЕРЕДА (СЛУЖБА МИРОПОМАЗАННЯ) ЄВАНГЕЛІЄ: Мт. 26:6-16	Грішниця помазала ноги Господа дорогою олією і витерла їх своїм волоссям. Розчісуючи своє волосся сьогодні, пам'ятайте про велику любов Господа до вас, адже Він єдиний знає точну кількість волосся на вашій голові. Проявіть й ви свою любов до Бога, допомагаючи комусь: відчиніть двері, допоможіть підняти щось тяжке, підвезіть, нагодуйте...
13 КВІТНЯ	 ВЕЛИКИЙ ЧЕТВЕР (СПОМИН ТАЙНОЇ ВЕЧЕРІ) (МИТТЯ НІГ) Лт: 1 Кор. 11:23-32; Мт. 26:1-20; Ін. 13:3-17; Мт. 26:21-39; Лк. 22:43-45; Мт. 26:40 - 27:2; 1.26:6-16; На вмивання ніг: Ін. 13:1-11; Ін. 13:12-17	Після Тайної Вечері Господь вмиє ноги учням, щоб показати їм, як вони повинні поводитися один з одним - зі смиренням, співчуттям і любов'ю. Вони повинні були служити, а не чекати, коли їм послужать. Ми повинні служити, а не чекати, коли нам послужать. Без нарікань приготуйте вечерю, помийте посуд, підметіть підлогу і помоліться за інших.
14 КВІТНЯ (СТРОГІЙ ПІСТ)	 ВЕЛИКА П'ЯТНИЦЯ (ХРИСТА РОЗПІНУЛИ) ЦАРСЬКІ ЧАСИ І ВЕЧІРНЯ	Сьогодні Господь страждав, був катований і ПРИБИТИЙ ДО ХРЕСТА. Утримуйтеся від веселощів. Без телевізора, без музики, без співів та танців. Це день СТРОГОГО посту. Намагайтеся утримуватися від їжі до того як приклонитесь до Святої Плащаниці.
15 КВІТНЯ (Літургія Св. Василя Великого)	 ВЕЛИКА СУБОТА (БОРОНУВАННЯ ПЕКЛА) Апостол: Рим. 6:3-11 ЄВАНГЕЛІЄ: Мт. 28:1-20	Тіло Христа поховане в гробниці, у той час коли Він звільняє праведні душі з Пекла. Плекайте мир. Нікої гучної музики. Без телевізора. Без суперечок. Приготуйте пасхальну трапезу. Розфарбуйте яйця.
16 КВІТНЯ	 СВІТЛЕ ХРИСТОВЕ ВОСКРЕСІННЯ ПАСХА ХРИСТОВА! Апостол: Діян. 1:1-8 ЄВАНГЕЛІЄ: Ін. 1:1-17	ХРИСТОС ВОСКРЕС! Відкладіть усілякі земні піклування і радійте!





To the Clergy, Monastics and Faithful of the Ukrainian Orthodox Church of the United States of America, our Eparchy of Western Europe, of our Eparchy of Australia and New Zealand, and our Eparchy in South America

Dearly beloved Spiritual Fathers, Sisters and Brothers of the FAITH,

CHRIST IS AMONGST US! IS AND ALWAYS SHALL BE!

As we enter the blessed Great Lenten journey in preparation for the celebration of the FEAST of ALL FEASTS – PASCHA or the RESURRECTION OF OUR LORD – it behooves us to contemplate the necessary temporal and spiritual conditions for the successful completion of that journey and the fullness of Joy, Peace and Love of PASCHA. What are these preparations? Through the five weeks in anticipation before Great Lent we are provided with Scriptural lessons that manifest them clearly.

We begin with the story of Zacchaeus (Luke 19:1-10) who was a tax collector/thief, who had such a desire to be with Christ that he faced ridicule by people for climbing a sycamore tree to come face to face with our Lord, Who responded by speaking directly to Zacchaeus, indicating that He knew Zacchaeus and would stay at his home. Zacchaeus responded to criticism that our Lord would stay at the home of a sinner, declaring that he would make amends to all who he had cheated and give half his wealth to the poor. The Lord responded that “*salvation has come to this home today...because the Son of Man has come to see and to save that, which was lost.*”

The lesson about the Publican (also a tax collector) and the Pharisee) (Luke 18:10-14) – a religious leader – depicts the Pharisee standing in the front of the Holy Altar proclaiming his “righteousness” and adherence to the Law and how great he was in comparison to the Publican. The Publican stood

simply at the rear of the temple, head bowed low and beating his chest and beseeching: “*God have mercy on me a sinner*” and he alone, through his sincere humility returned to his home “justified”.

Next, we heard the lesson about the Prodigal Son (Luke 15:11-32), who demanded what would be his inheritance from his father, received it and rapidly squandered it in a foreign land, finally ending up in the fields feeding swine. Finally, he “*came to himself (схаменився)*” and returned to his father declaring: “*Father, I have sinned against Heaven and before you and I am no longer worthy to be called your son. Make me like one of your hired servants.*”

The Last Judgment (Matthew 25:31-46) is the next lesson, presented by our Lord with a clarity that does not leave any room for us to **misunderstand**. The choices we make in relating to ALL our neighbors and ALL mankind will determine whether we will be judged to be lambs or goats. The way we respond to the two Great Commandments: “*You shall love the Lord your God with all your heart, and with all your soul and with all your mind and with all your strength. This is the first and great commandment. And the second is like unto it – You shall love your neighbor as yourself. On these two commandments hang all the Law and the Prophets.*” (Matthew 22:37-40)

The final scripture lesson is about forgiveness, the manner of our fasting and storing up treasures in Heaven. (Matthew 6:14-21). Each time we pray the “Lord’s Prayer” we ask, “forgiveness of our sins as we forgive those who sin against us”. These cannot be empty words but, rather a heartfelt petition with consequences determined completely by each of us as individuals. If we cannot forgive...neither will we be forgiven. The way we fast is between each of us and God and the way others fast if of no concern to any of us. Forgiveness and sincere fasting enable us to store up treasures in Heaven where we hope to find ourselves after the final judgment.

Having received and internalized all these lessons, we are prepared to enter into the fullness of Great Lent and to make a confession that arises from the depths of our hearts and souls – rather than from the often-confused intellect that can so easily succumb to all the temptations of the world, leading us away from, rather than to Christ. Throughout this Great Lent seek to come face to face with Christ, Who, you will discover, knows you intimately from the moment of your cleansing Baptism and the Seal of your Chrismation. Seek to make amends to those you have wronged; seeking forgiveness from those you have offended and offering forgiveness to those who have offended you; approach God with a humility that does not offer excuses or reasons for bad behavior and sinfulness; “come to yourself” in the recognition that you have squandered God’s gifts to you – your talents,

your ability to love, your ability to share yourself and your treasures. Search for the ways that you can minister - to your neighbor, to the homeless, to the naked, to the thirsty, to the sick, to those imprisoned (physically, mentally or emotionally) and search for the ways you have failed to minister to all.

As we enter the Great Lenten Season, we, your hierarchs, successors to the Holy Apostles, humbly beseech your forgiveness for any way we may have hurt you, not been present to you, misled you or have been, in any way, responsible for spiritual confusion or even pain of any nature. We promise to strive for improvement in the future under the Grace and Guidance of the Holy Spirit. In turn, we express, from the depth of our hearts, minds and souls the same forgiveness to you on both the spiritual and temporal level. We love you all without reserve and assure you of our prayers for you daily, beseeching your prayers also for us.

Finally – as the one-year anniversary of the invasion approaches, we request that throughout this Great Lent and Paschal Seasons you dedicate your prayers, fasting and hope for the welfare of our brothers and sisters suffering through another genocide. This unjustifiable invasion of Ukraine is inspired by an all-consuming hatred in the minds and souls of those who would eradicate Ukraine and her ethnic distinction as a people. Pray fervently for an end to the suffering through deliberate targeting of civilians and non-military infrastructure. Further, pray fervently for the repose of the souls of all those who have perished during the aggressive insanity. May our Loving Lord hear our petitions and bring an end to this horror forever.

In our Lord's All-Encompassing Joy, Peace and Love,

+ ANTONY

By the Grace of God, Metropolitan

+ JEREMIAH

By the Grace of God, Archbishop

+ DANIEL

By the Grace of God, Archbishop

GIVEN THIS 10TH DAY OF FEBRUARY 2023 - THE FEAST OF VENERABLE EPHRAIM THE SYRIAN AND VENERABLE EPHRIAM OF THE KYIVAN CAVES MONASTERY (PECHERSKA LAVRA) AT THE METROPOLIA CENTER OF THE UOC OF USA, SOUTH BOUND BROOK – SOMERSET, NJ

До Духовенства, Монашества та Вірних Української Православної Церкви

Сполучених Штатів Америки, нашої Єпархії Західної Європи, нашої Єпархії Австралії та Нової Зеландії та нашої Єпархії в Південній Америці

Улюблені Духовні Отці, Сестри та Брати у ВІРІ,

ХРИСТОС ПОСЕРЕД НАС! Є І ЗАВЖДИ БУДЕ!

Розпочинаючи благословенну подорож Великого посту в приготуванні до святкування СВЯТА НАД УСІМА СВЯТАМИ – ПАСХИ - ВОСКРЕСІННЯ ГОСПОДНЬОГО – нам варто заручитися усіма необхідними матеріальними та духовними аспектами для успішного завершення цієї подорожі та задля повноти Радості, Миру і Любові ПАСХИ. Чим саме є це приготування? Впродовж п'яти тижнів перед Великим Постом саме Євангельські читання чітко допомагають нам його зрозуміти.

Розпочинаємо ми з історії про Закхея (Луки 19:1-10), котрий був збирачем податків/зłodієм, але маючи велике бажання бути з Христом, попри глузування людей, виліз на дерево, щоб зустрітися віч-на-віч з нашим Господом, Який звернувся безпосередньо до Закхея, наголошуючи що знає Його, та сказав що Йому потрібно бути в його домі. Незважаючи на критику людей, що Господь увійде до дому грішника, Закхей заявив, що він загладить провину перед усіма, кого він скривдив, і віддасть половину свого майна бідним. Тоді Господь сказав, що *«сьогодні на дім цей спасіння прийшло ... бо Син Людський прийшов, щоб знайти та спасти, що загинуло»*.

Повчання про Митаря (також збирача податків) та Фарисея (Луки 18:10-14) – релігійного лідера – зображує Фарисея, котрий стояв перед Святим Вівтарем, проголошуючи свою «праведність» та дотримання Закону, а також свою величність у порівнянні з Митарем. Митар, у той час, просто стояв біля задньої частини храму, низько схиливши голову, б'ючи себе в груди, благав: *«Боже, помилуй мене грішного»* - єдиний через своє щире смирення повернувся до свого дому «виправданим».

Далі ми чули повчання про Блудного Сина (Луки 15:11-32), котрий вимагав свій спадок від батька, та отримавши його і швидко розтративши все на чужині, опинився на полі серед свиней. Та нарешті, він «схаменувся» та повернувся до свого батька, сказавши: *«Прогрішився я, отче, против неба та супроти тебе, і недостойний вже зватися сином твоїм... прийми ж мене, як одного зі своїх наймитів...»*.

Страшний Суд (Матвія 25:31-46) є наступним повчанням, котре подає нам Сам Господь, не залишаючи місця для будь-якого **непорозуміння**. Вибір, який ми робимо стосовно УСІХ наших ближніх та ВСЬОГО людства визначить, чи будемо ми ягнятами, чи козлами. Якою була наша відповідь на дві Великі Заповіді: *«Люби Господа Бога свого всім серцем своїм, і всією душею своєю, і всією своєю думкою. Це найбільша й найперша заповідь. А друга подібна до неї: Люби свого ближнього, як самого себе. На двох оцих заповідях увесь Закон і Пророки стоять»*. (Матвія 22:37-40)

Останнє повчання зі Святого Письма стосується прощення, дотримання посту та збирання скарбів на Небі. (Матвія 6:14-21). Кожного разу, коли ми молимося «Господню молитву», ми просимо «прощення наших гріхів, які ми прощаємо винуватцям нашим». Це не пусті слова, а сердечне прохання, кожного з нас як особистості. Якщо ми не можемо пробачити... ми теж не будемо прощені. Те, як ми дотримуємося посту є між нами та Богом, а те, як постять інші, абсолютно не повинно стосуватися нас. Прощення і щирий піст дають нам можливість збиратискарби на Небі, - там, де ми сподіваємося опинитися після Страшного Суду.

Почувши та засвоївши усі ці повчання, ми готові розпочати Великий Піст і прийти до сповіді, яка повинна виникнути з глибини серця і душі, а не розуму, який легко піддається всім спокусам світу, відводячи нас від Христа, а не наближаючи до Нього. Протягом цього Великого Посту намагайтеся зустрітися віч-на-віч з Христом, Котрий добре знає вас з моменту вашого Хрещення та Миропомазання. Прагніть загладити провини перед тими, кого ви образили; шукайте прощення у тих, кого ви скривдили та простіть тим, хто образив вас, наближайтеся до Бога зі смиренням, не виправдовуючи причини для поганої поведінки та гріховності; «схаменіться», визнавши те, що ви змарнували Божі дари дані вам – ваші таланти, вашу здатність любити, вашу здатність ділитися собою та своїми скарбами. Шукайте шляхи, якими ви можете служити - своєму ближньому, бездомним, нагим, спраглим, хворим, ув'язненим (фізично, розумово або емоційно) та шукайте способи бути корисними тим, кому раніше не послужили.

Входячи у Час Великого Посту, ми, ваші архієреї, наступники святих апостолів, смиренно благаємо у вас прощення за усе, чим образили вас, не будучи з вами, ввели вас в оману або якимсь чином заплутали вас у духовному житті чи спричинили якийсь біль. Ми обіцяємо прагнути до вдосконалення в майбутньому під Благодаттю та Проводом Святого Духа. У свою чергу, ми з глибини наших сердець, розумів і душ прощаємо вам як духовні, так і світські провини. Ми беззастережно любимо вас усіх і запевняємо вас у наших щоденних молитвах за вас, благаючи ваших молитов і за нас.

Зрештою — оскільки наближається річниця з початку повномасштабного вторгнення в Україну, ми просимо, щоб ви протягом усього цього Великого посту і Пасхи присвятили свої молитви, піст і надію на благополуччя наших братів і сестер, які страждають через черговий геноцид. Це невинуватене вторгнення в Україну спричинене всепоглинаючою ненавистю в головах і душах тих, хто хоче викоринити Україну та її етнічнуособливість як народу. Моліться щиро, щоб припинилися страждання через навмисне вбивство мирних жителів та знищення цивільної інфраструктури. Продовжуйте й надалі ревно молитися за упокій душ усіх, хто загинув під час агресивного божевілля. Нехай наш Люблячий Господь почує наші прохання і покладе край цьому жахуназавжди.

У Всеосяжній Радості, Мирі та Любові нашого Господа,

+ АНТОНІЙ

З Благодаті Божої, Митрополит

+ ЄРЕМІЯ

З Благодаті Божої, Архієпископ

+ ДАНИІЛ

З Благодаті Божої, Архієпископ

10 ЛЮТОГО 2023 РОКУ - СВЯТО ПРЕПОДОБНОГО ЄФРЕМА СІРІНА І ПРЕПОДОБНОГО ЄФРЕМАКІЄВО-ПЕЧЕРСЬКОГО МОНАСТІРЯ (ПЕЧЕРСЬКА ЛАВРА). ЦЕНТР МИТРОПОЛІЇ УПЦ США, САУТ БАУНД БРУК – СОМЕРСЕТ, НЬЮ-ДЖЕРСІ.

GUIDELINES FOR GREAT LENT

The Lenten Services

Why does Liturgy seem longer on Sundays during Lent? Because it is. It is the Tradition of the Church to celebrate the Divine Liturgy of St. Basil the Great on the 5 Sundays of Great Lent, Holy Thursday morning, Holy Saturday morning, in addition to Christmas Eve, the Eve of Epiphany (January 5) and the Feast of St. Basil (January 1). St. Basil wrote his liturgy in the middle part of the 4th century. St. John Chrysostom would later edit some of the priestly prayers of Basil's liturgy, significantly shortening them. The Anaphora of St. Basil (from the Creed until right before the Lord's Prayer) has the priestly prayers significantly longer. They contain all the theology of the Orthodox Church.

What We Celebrate on the Sundays of Triodion and Lent

JUDGMENT SUNDAY/MEATFARE SUNDAY — Judgment Sunday

is also called —Meatfare Sunday because it is the last Sunday, according to the fasting canons, that the faithful eat meat before Easter. On this Sunday, we call to mind something that has not even happened yet: the Second Coming of Christ. Our Lord has promised us that He will come again, “to judge the living and the dead, and His Kingdom will have no end” (from the Nicene Creed). We call to mind the “criteria” of our entrance into Paradise, as our Lord said in today’s Gospel: “I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.”“

CHEESEFARE SUNDAY/FORGIVENESS SUNDAY — Cheese-Fare Sunday is the last day in which dairy products are allowed. The Monday after Cheese-Fare Sunday is the official beginning of the Great Lent; this Monday is also called Clean Monday. On Cheese-Fare Sunday the Church commemorates the sending away of Adam and Eve from the Garden of Paradise. Adam and Eve were in complete harmony with God, nature and themselves. They were tempted by the devil and they agreed to eat from the tree of knowledge, in order that they themselves might become gods. The result was fatal; they were cast out of Paradise and sin came into the world. The Holy Fathers selected this event to remind us of our obligations to God and about the laws of fasting and Christian behavior (Matthew 6:14-21).

FIRST SUNDAY OF LENT — SUNDAY OF ORTHODOXY — The first Sunday of Lent is also known as the Sunday of Orthodoxy. On this day we celebrate the triumph of the faith over the deniers of icons. Icons have always graced our churches from the Apostolic age. During the 7th century, a Byzantine Emperor with an army at his back, attempted to remove all icons from the churches, believing that icons should not be worshipped but only God. The population split into two parties, the party of Iconoclasts, who condemned the veneration of icons, and the party of Iconoduls, who supported it. Emperors like Leo the Isaurian, Constantine Copronimus and Leo the IV backed the Iconoclasts. The wife of Leo the IV, Irene, on the other hand, was devoutly attached to icons. At the death of her husband, as their son Constantine was a minor, she handled the affairs of the empire and convened a council in 787 in Nicea, known as the Seventh Ecumenical Council. The council restored icons in the church, but eventually other Iconoclastic emperors banished them, Leo the Armenian (813-820) and Theophilus (829-842). Theophilus’ widow, empress Theodora, who was as much attached to icons as her husband had been opposed to them, reinstated the decrees of the Seventh Ecumenical Council.

A grand procession with icons took place on March 11, 843 AD, marking the permanent triumph of icons. From this time, icons were defined as objects to be venerated and not worshipped; only God is worshipped. They are spiritual mirrors through which we see the heavenly saints. Their restoration in our churches is a true victory for Orthodoxy.

FEAST OF THE ANNUNCIATION TO THE VIRGIN MARY—

March 25 / April 7 The Angel Gabriel came directly to the Virgin Mary and told her that she was going to have a child. Naturally, she was alarmed at first and asked many questions. “Do not be afraid,” said the Archangel Gabriel, “the Lord is with you because God has chosen you among all the women in the world and in history.” The announcement of Christ’s birth is placed on March 25, 9 months before the feast of the Nativity. We, in turn are told to spread the Good News of Christ as well, imitating the faithful example of the Virgin Mary.

SECOND SUNDAY OF LENT—St. GREGORY PALAMAS — On the second Sunday of Great Lent, which is called the “Sunday of Gregory Palamas”, we commemorate the memory of St. Gregory Palamas, Archbishop of Salonica. He dedicated his life to Christ, even though he was raised in the royal palace of Constantinople. He withdrew to Mount Athos, where he lived an exemplary life of asceticism and scholarship. He defended the Faith against Barlaam the Calabrian (who was against monasticism). He taught that divine grace is not created, but the uncreated energies of God are poured out through creation; otherwise, humanity could never have authentic communication with God. He was appointed Archbishop of Salonica in 1349 and served with distinction; he died at the age of 63 and his relics rest in Salonica.

Other Opportunities This Lent

Sacrament of Confession-Many people have already made appointments for their confessions to be heard, many for the first time in their lives. It is confidential. It helps you re-connect with God and unburden yourself of guilt. It helps you to make a new start in your spiritual journey and is an integral part of any successful Lenten journey. If you have questions about confession, please ask. There is no better way to prepare for Pascha than to receive this sacrament.

What we celebrate on the Sunday of the Veneration of the Cross?

On this third Sunday of the Great Lent we are celebrating the Veneration of the Cross; the Cross helps us to prepare for the Crucifixion of our Lord and Savior Jesus Christ. We are not just witnessing from afar the passions of our Lord, but we participate in them. In the Synaxarion we read, “Through the forty-day fast, we too are in a way crucified, dying to the

passions”. Our efforts to keep up with the Fast, through prayer, fasting and alms giving, might take a toll over our bodies; we need help and encouragement, and the help and encouragement comes from the power of the Cross.

In the middle of Great Lent, the Church gives its faithful a sign of victory, one that can bring strength to them in this time of fasting. The Sunday of the Holy Cross is one that brings everything into perspective, especially with the Gospel reading (Mark 8:34-9:1), the Lord saying to all His disciples: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life?"

4TH SUNDAY OF LENT—ST. JOHN OF THE LADDER — St. John of the Ladder was only 16 years old when he left Palestine and went to St. Catherine’s monastery (at Mt. Sinai, Egypt). He lived there for 50 years, where he wrote his famous book, —The Ladder of Divine Ascent. This is a spiritual ladder; Christians follow certain rules so that they can get closer to God, and symbolically climb to heaven. He had struggles, like any person does, but he won over those struggles that the Devil put for him. That’s why we celebrate his memory on this Sunday of Lent: St. John is a perfect example of how a person could be faithful all of their life, and be together with God in the Kingdom of Heaven.

5TH SUNDAY OF LENT—ST. MARY OF EGYPT — St. Mary of Egypt was anything but a Saint throughout the first part of her life. From a very young age, she was a prostitute. Being from Egypt, she decided that she wanted to see the Holy Land and the Tomb of Christ (also known as the Church of the Holy Sepulchre). As she went to enter the Church, a force kept her from entering. She was unable to enter, while so many others did. She realized that God had done this to have her stop her sinning. She promised to God that day she would stop. She repented with a pure heart, and she was allowed to enter. She went for Confession, received Holy Communion, and then went to the desert to live for years in repentance. Years later, she was visited by a Priest-monk, Zosimos (later a Saint in our Church). He gave her Holy Communion, and they discussed her trials and tribulations. Although she suffered much, she was so happy to be with Christ. Later that same day, she fell asleep in the Lord. Her example of repentance is SO great, we commemorate her life many centuries later.

10 RULES AND SUGGESTIONS FOR GREAT LENT

To avoid turning Lent into hard and senseless weeks of diet, one should keep several simple rules. The aim of a fast is to bend our body to our soul, to multiply love, to sharpen attention to our spiritual life, to train our will and gain our powers for spiritual fight.

1. “Always be happy, pray all the time, be thankful for everything”

The temptation to fall into despair is strong. “How can I live without tasty food? No more entertainments! How long the services are!” In fact, there is no reason for despair. Often we can face the other side of the Lenten despair: “I cannot fast according to the statue. I miss services. I get distracted by secular vanity.” Remember that God needs our heart, not our legs or stomach. He sees in a soul the desire to serve Him, and He sees the weaknesses, too. This constant recollection about God will become our constant joy about Him.

2. Keep praying!

We need to devote more time to prayer than we do usually. We should be more attentive during services – sometimes it might be useful to take a book with the texts of services. We should perform the prayer rule more thoroughly – leave your computer half an hour earlier and read the evening prayers. Add the prayer of St. Ephraim the Syrian. It is rather useful to fight against numerous temptations during Great Lent with prayer: when you feel angry or get despaired you can cope with this condition with the help of the short Jesus’ prayer.

3. Church prayer

If we did not manage to organize our life in a way that we can only eat permitted foods, read the entire prayer rule or just pray during the day because of the everyday routine, the church comes to our rescue. These are the Great Canon of St. Andrew of Crete during the first four days of Great Lent, the reading of the entire Canon of St. Andrew of Crete on the Wednesday evening during the fifth week, Akathist to the Mother of God on Saturday, and the services of the Holy Week. It is advisable to attend the Liturgy of Presanctified Gifts at least once during Great Lent.

4. “Open to me the doors of repentance, O Life-giver!”

It is known that it is not God who needs fast, but we. For example, Great Lent consists of two parts: the Lent itself and the Holy Week. The Church offers us to read the Great Canon twice during Lent for good reason. Three weeks before Great Lent the Church appeals for repentance with the parable about the Publican and Pharisee, and the recalling of the Last judgement and Adam’s expulsion. We need these 40 days of Lent exactly

for repentance. If you are not going to repent, then there is no need to fast. It will be just a waste of your health.

5. Watch your health

If you feel that your health is getting worse during Lent, you should discuss the degree of your abstinence with your spiritual father. If you have any diseases of the stomach or metabolic dysfunction, you cannot fast in full or partial accordance with the Church statute just because you want to. Today even some monasteries do not fast with only dry food; so, the Lord will not judge a working person who has health problems, too. Gastric ulcer will not bring you closer to the Lord. In fact, it can even distance you from God. The border between pure desire to follow the Church canons and the pride for your personal efforts is rather thin.

6. Eyes on your own plate

“Boasting while fasting” is dangerous and goes hand in hand with judging others. Your brother eats fish while you are on bread and water? Not your business. He drinks milk while you do not even put sugar in tea? You have no idea about the condition of his organism. He has eaten a sausage and is going to partake of Holy Communion next morning while you have begun the Eucharistic fast? This concerns only him and the priest who lets him to take part in the sacrament. Here we can say only what children in kindergarten are told: “Eyes on your own plate”.

7. Man does not live by bread alone

Think less about food. Fast is not about changing your food regime. Vegetarians do not eat animal food at all but it neither brings them closer to God nor keeps them from Him, just like the Apostle said. The continuation of this well-known phrase is, “but with any word of God” – it suits perfectly to the period of Great Lent, when we pay special attention to reading Bible, which is the word of God.

8. Hurry to do good

Concentration on our personal spiritual condition must not turn into negligence towards other people. Fast is supposed to develop in us both love towards God and love towards our neighbor. St. John Chrysostom offered to donate the money saved during Lent to people in need. What is more, during Great Lent there is no need to stop communication with those people who can need it – a pregnant friend, a sick neighbor, a lonely relative. A short talk with these people over a cup of tea is not just entertainment but helping others.

9. Loving people without pleasing people

Good attitude towards our neighbors can sometimes lead to such an unpleasant thing as people pleasing. In fact, there is no good attitude in it

at all, while there is personal flabbiness and dependence on the opinion of other people. During Great Lent, this passion becomes especially sharp. “Let’s meet on Friday after work and go to a café!” your friend says, and here you are ordering a cake with her: I don’t want to offend her! “Come to us on Saturday evening!” your neighbors say, and you are going to miss the evening service. “Have one more piece of chicken if you don’t want to hurt my feelings!” your relative says capriciously, and here one can even hide behind respectful attitude towards older people. However, it will be a wickedness. Unwillingness to come into conflict is not always connected with love towards others. To get rid of the sin of people pleasing we can recall the advice by St. Paisios the Hagiorite: we should conceal our personal fasts in order not to fast for show, while the fast for the whole Church is being strong in our faith. We should not only strive to respect other people, but make others respect our faith, too. Quite often, a polite explanation is enough for people to understand your position. What is more, most often it comes out that all our explanations are fanciful: a friend in a café will not be confused by your empty espresso cup, your neighbors will be glad to meet with you after the service.

10. Follow Christ

Finally, the most important rule of Great Lent is to remember about the aim of this period. Fast is a period of concentrated anticipation of the feast to which it leads, such as Resurrection of Christ. If we speak of Great Lent, it should be an anticipation of a hardworking person. We try to go through Lent together with the Lord; together we will reach the grave of Lazarus; together we will enter Jerusalem; we will listen to Him in the Temple and partake of Holy Communion with His Apostles at His Last Supper; we will follow Him on His way of the Cross; we will mourn on Golgotha with the Mother of God and His favorite disciple John. Finally, together with the myrrh-bearing women we will come to the opened Grave and will feel joy for He is not here. Together with them, we will exclaim, “Christ is risen!”



Blackstone Valley
Community Action Program
32 Goff Avenue
Pawtucket, Rhode Island 02860
401.723.4520
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www.bvcap.org

James R. Hoyt, Jr.
Chairman

Vincent Ceglie
Executive Director

January, 2023

RE: Volunteering for RSVP program

Dear Pastor,

My name is Paul Gauthier, I am the Volunteer Coordinator for the RSVP program with Blackstone Valley Community Action Program. We are in need of volunteers 55 and older in your area.

Volunteers are a vital part of our program and can help in a variety of ways including Meals on Wheels, Food Pantries, Adult Day Care, Educational classes, Health Mentorship and more.

Volunteers will gain great benefits that will cultivate their mental health by meaningful and productive activities, increases physical activity which is important to staying healthy and independent.

Volunteering also bridges the generation gap by teaching and also learning from younger generations.

Lastly, it can uplift a person's morale and their sense of purpose with life. Regaining a feeling of purpose through volunteering can help older adults feel recharged with a new zest for life.

If you would be so kind to post the enclosed information on your church bulletin or website it would be greatly appreciated. This is a great way for members of your congregation to share their gifts of ministry.

I can be reached by phone at (401)-475-5022 or by email at

pgauthier@bvcap.org Thank you in advance for your consideration.

Very Truly Yours,

Paul Gauthier

Blackstone Valley Community Action Program

RSVP Volunteer Coordinator



JOIN US AT A MONTHLY LIVE STREAMED
CELEBRATION OF AN AKAPHIST TO
ПРИЄДНУЙТЕСЯ ДО ЩОМІСЯЧНОЇ ПРЯМОЇ ТРАНСЛЯЦІЇ
СЛУЖІННЯ АКАФІСТА

THE MOTHER OF GOD - QUEEN OF ALL БОГОРОДИЦІ ВСЕЦАРИЦЯ

BESEECHING HER INTERCESSION FOR THE HEALING OF ALL
THOSE SUFFERING FROM CANCER AND OTHER DISEASES
МОЛЯЧИ ЇЇ ЗАСТУПНИЦТВА ДЛЯ ЗЦІЛЕННЯ ВІД РАКУ ТА
ІНШИХ ХВОРОБ

First Thursday of each month
5 January 2023 at 7:00pm
Перший четвер кожного місяця
5 січня 2023 року о 19:00 год

Please submit the names of those you wish to pray for to:
uocofusa@aol.com with the subject – **PRAYERS**

Будь ласка, надішліть імена тих, за кого ви бажаєте молитися:
uocofusa@aol.com з темою – **МОЛИТВИ**

Future dates: 5 Jan,
2 Feb, 2 Mar, 6 April, 4 May, 1 June,
6 July, 3 Aug...

Майбутні дати: 5 січня,
2 лютого, 2 березня, 6 квітня, 4 травня,
1 червня, 6 липня, 3 серпня...



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. ЗМИЦНИ 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, НИНІ 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.



UKRAINIAN ORTHODOX CHURCH OF THE USA

FEBRUARY CELEBRATIONS В ЛЮТОМУ СВЯТКУЄМО

УКРАЇНСЬКА ПРАВОСЛАВНА ЦЕРКВА США



5

SUNDAY OF THE PUBLICAN AND THE PHARISEE FAST-FREE WEEK

НЕДІЛЯ ПРО МИТАРЯ ТА ФАРИСЕЯ
СЕДМИЦЯ ВСЕЇДНА

7

ST. GREGORY THE THEOLOGIAN СВТ. ГРИГОРІЯ БОГОСЛОВА

12

SYNAXIS OF THE THREE HIERARCHS: ST. BASIL THE GREAT, ST. GREGORY THE THEOLOGIAN, AND ST. JOHN CHRYSOSTOM

СОБОР ВСЕЛЕНСЬКИХ УЧИТЕЛІВ І
СВЯТИТЕЛІВ: ВАСИЛІЯ ВЕЛИКОГО,
ГРИГОРІЯ БОГОСЛОВА І ІОАНА ЗЛАТОУСТА

SUNDAY OF PRODIGAL SON

НЕДІЛЯ ПРО БЛУДНОГО СИНА

15

THE MEETING OF OUR LORD, GOD AND SAVIOR JESUS CHRIST

СТРІТЕННЯ ГОСПОДА БОГА І СПАСА
НАШОГО ІСУСА ХРИСТА

18

MEMORIAL SATURDAY (MEATFARE)

СУБОТА ПОМИНАЛЬНА (М'ЯСОПУСНА)

19

MEATFARE SUNDAY, OF THE LAST JUDGMENT

НЕДІЛЯ М'ЯСОПУСНА, ПРО СТРАШНИЙ СУД

20

CHEESEFARE WEEK

СЕДМИЦЯ СИРНА

26

CHEESEFARE SUNDAY - OF FORGIVENESS (EXPULSION OF ADAM FROM THE PARADISE)

НЕДІЛЯ СИРОПУСНА - ПРОЩЕНА
(СПОМИН ПРО ВИГНАННЯ АДАМА З РАЮ)

27

1ST WEEK OF THE GREAT LENT

ПОЧАТОК ВЕЛИКОГО ПОСТУ

28

CANON OF ST. ANDREW OF CRETE

ПОКАЯННИЙ КАНОН ПРП. АНДРІЯ
КРІТСЬКОГО