



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

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

March 1, 2020

SERVICE SCHEDULE

Sunday, March 1st – Sunday of Cheesefare / Forgiveness

Sunday – THE EVE OF GREAT LENT

8:45 AM Service of Repentance

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

9:00AM Divine Liturgy -- **LAST DAY FOR DAIRY**

PRODUCTS UNTIL PASCHA

Weekday Scripture Readings: **BEGINNING OF GREAT LENT**

Mon., Mar. 2: Vespers: Gen. 1:1-13; Prov. 1:1-20

6:00PM Great Canon of St. Andrew of Crete

Tue., Mar. 3: Vespers: Gen. 1:14-23; Prov. 1:20-33

7:30PM Great Canon of St. Andrew of Crete

Wed., Mar. 4: Vespers: Gen. 1:24-2:3; Prov. 2:1-22

7:30PM Great Canon of St. Andrew of Crete

Thurs., Mar. 5: Vespers: Gen. 2:4-19; Prov. 3:1-18

6:00PM Great Canon of St. Andrew of Crete

Fri., Mar. 6: Vespers: Gen. 2:20-3:20; Prov. 3:19-34

Sat., Mar. 7: Epistle: Heb. 1:1-12; Gospel: Mark 2:23-3:5

6:00PM Vespers

**** TONIGHT, TURN CLOCKS AHEAD 1 HOUR ****

Sunday, March 8th – 1st Sunday of Great Lent / The Triumph of Orthodoxy

Tone 5 / Epistle: Heb. 11:24-26; 32-12:2; Gospel: John 1:43-51

9:00AM Divine Liturgy

5:00PM Pan Orthodox Lenten Vespers with the RI Orthodox Clergy Fellowship at St. Michael's UOC - Woonsocket

Remember: even when you are absent, expenses continue.

PARISH NEWS

--IT IS WITH PROFOUND SADNESS that we notify the parish that **Donald Lipsky** has fallen asleep in the Lord. **Calling Hours** will take place, at St. Michael UOC, on **Tuesday March 3, from 10:00 – 11:00 AM**. The **Funeral** will follow at **11AM**. **Graveside Service and Burial** at **Hopedale Village Cemetery - Mendon St, Hopedale, MA 01747**. **May His Memory Be Eternal!**

--A HEARTY WELCOME to our guests and visitors. Please sign our Guest Book, and include either your mailing &/or email address, so we can keep you informed of parish events and be sure to join us in the church hall after the Divine Liturgy for coffee and fellowship.

--WE EXTEND BIRTHDAY GREETINGS: to **Patricia Bourgery (Feb. 25)**, **Eugene Kuczer (Feb. 26)**, and **Derek Gemski (Feb. 26)** may God grant you all, **Many, Happy Years**.
Многая літа.

--FROM THE PARISH BOARD: In the event of inclement weather, parish services and events will be cancelled, only if the Governor should declare a State of Emergency, otherwise, please, use your judgment for driving on snowy roads. Fr. Boris & the Deacons will be available for services as planned. The safety of our parishioners and guests are too important.

--AS YOU KNOW St Michael is hosting the Sunday of Orthodoxy feast this year (**March 8**). We would like to ask all of

our parishioners to bring vegan pastries for the Lenten repast that we will share with our brothers and sisters from other Orthodox parishes in New England. Please let Donna Eichorn of the Ladies Sodality know what you plan to bring. **Thank you in advance.**

--PYSANKA CLASS WITH CINDY, Tuesday March 24 / 6 to 8 pm / \$25 per person (\$15 for parishioners!) All inclusive. Space is limited so please contact Cindy ASAP to reserve your spot! charestr@aol.com

--NEW ENGLAND LENTEN MISSION, March 28:
9 am -- Liturgy at St Mary's New Britain, CT
1:30pm -- Holy Unction at St Michael, Woonsocket, RI
4:00pm -- Vespers at St. Andrew's in Boston, MA

--THE 2020 PRAYING OUR WAY THROUGH GREAT LENT psalter reading program will run from March 16, 2020 - April 10, 2020 five days a week Monday-Friday. If you would like to participate, email praying-our-way@uolofusa.org

and include: •Name •Address •Phone number •Parish Name •Parish City/State. We hope to have you join us again this year!

--PLEASE CONSIDER OUR SCRIP PROGRAM for gift cards and it's an excellent way for the church to benefit from your gift card purchases!! Remember, they can be used for everyday purchases. They can also be used to buy gifts for others. Also, you can get in touch with Val and she can send you an invitation to do your Scrip orders online. Its very simple. If Val should not be available on any of these days, please give your orders to Fr. Vasy1 and he'll pass them on to Val. Any questions, please see or email Val Sternadore (valiaws@yahoo.com).

KITCHEN WORK SESSIONS

Monday, March 2, 7:30 a.m. steam cabbage - 90#

Wednesday, March 4, 7:30 a.m. make holubtsi

Wednesday April 8, 7:30 a.m. Fried Perohe, 3 batches 42# potatoes

UPCOMING PARISH & INTER-PARISH EVENTS

**** Every 1st. Sunday of the month is Ukrainian Sunday, when a majority of the Divine Liturgy is sung in Ukrainian, also, we celebrate the Rite of Confession, before the Divine Liturgy at 8:45AM.**

**** Every 3rd Sunday of the month is Father Borislav's class on different theological topics, right after the Divine Liturgy, in the nave of the church. [Starting in March.]**

**** Every last Sunday of the month is Father Borislav's "15 mins with Father", a talk aimed at our youth of St. Michael's, in the church nave, after the Divine Liturgy. "CHILDREN" OF ALL AGES ARE WELCOME.**

Sunday, March 1 – Cheesefare Sunday Potluck Dinner & Sr. UOL meeting

**** Sunday, March 8 – Sunday of Orthodoxy Pan Orthodox Vespers hosted at St. Michael UOC, 5:00PM**

Saturday, March 14 – Time TBD – work session of Sr. UOL, sorting Baba's Attic

**** Sunday, March 15 – Lenten Vespers – Assumption Parish, 97 Walcott St, Pawtucket 5:00PM**

Wednesday, March 18 – Parish Board Meeting @ 6:30PM

**** Sunday, March 22 – Lenten Vespers – St. John, Woonsocket, 5:00PM**

Tuesday, March 24 – Pysanka Class with Cindy / 6 to 8 pm

Saturday, March 28 – UOL annual Lenten Retreat, Villa Maria, PA

**** ALSO, on the same day, New England Lenten Mission:**

9 am -- Liturgy at St Mary's New Britain, CT

1:30pm -- Holy Unction at St Michael, Woonsocket, RI

4:00pm -- Vespers at St. Andrew's in Boston, MA

**** Sunday, March 29 – Lenten Vespers – Sts. Sahag & Mesrob, 70 Jefferson St., Providence 5:00PM**

**** Sunday, April 5 – Lenten Vespers – Sts. Mary & Mena, 2433 Scituate Ave. (Hope) Cranston 5:00PM**

Saturday, April 8 – UOL Lenten Retreat, Bethlehem, PA

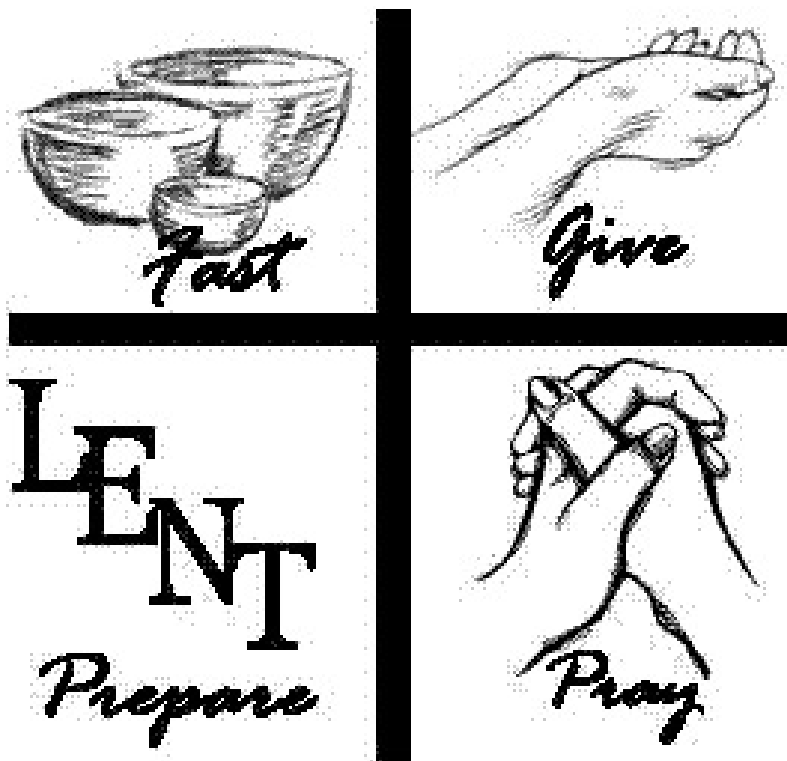
Wednesday, April 8 (2nd Wednesday due to Holy Week) – Parish Board Meeting @ 6:30PM

Saturday, April 11 – Spring Cookie Walk

Sunday, April 26 – St. Thomas Sunday and Easter Dinner

Wednesday, May 20 – Parish Board Meeting @ 6:30PM

Sunday, June 7 – Annual Meeting



10 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!”

RI Orthodox Clergy Fellowship Services
for Great Lent 2020
~Open to All~



**Sunday March 8 - Orthodoxy Sunday – St Michael’s-
5PM**

74 Harris Ave Woonsocket / 401-762-3939 / Preacher – Fr Philip
Zymaris

**Sunday March 15 – Assumption Parish – Pawtucket –
5PM**

97 Walcott Street / 401-725-3127 / Preacher - Deacon Michael
Sabounjian

Sunday March 22 - St John's Parish – Woonsocket- 5PM

501 East School Street / 401-766-3343 / Preacher – Fr David
Kingham

**Sunday March 29 – Sts Sahag & Mesrob – Providence-
5PM**

70 Jefferson Street / Preacher – His Grace Bishop DANIEL.
Primate Armenian Apostolic Orthodox Church- Eastern Diocese

Sunday April 5 - St Mary & Mena - (Hope) Cranston- 5PM

2433 Scituate Avenue / 401-615-5501 / Preacher – Fr George
Economou



GREAT LENT 2020

Sunday, March 1	9:00 AM	Divine Liturgy w/ Rite of Annual Forgiveness (Cheesefare Sunday)
Monday, March 2	6:00 PM	Great Canon of St. Andrew
Tuesday, March 3	7:30 PM	Great Canon of St. Andrew
Wednesday, March 4	7:30 PM	Great Canon of St. Andrew
Thursday, March 5	6:00 PM	Great Canon of St. Andrew
Saturday, March 7	6:00 PM	Sorokousty for the Deceased followed by Great Vespers
Sunday, March 8	9:00 AM	Divine Liturgy Sunday of Orthodoxy
	5:00 PM	Sunday of Orthodoxy Vespers St Michael UOC – Woonsocket, RI
Friday, March 13	6:00 PM	Liturgy of Presanctified Gifts (w/ Pot Luck Dinner)
Saturday, March 14	6:00 PM	Sorokousty for the Deceased followed by Great Vespers
Sunday, March 15	9:00 AM	Divine Liturgy of St Basil The Great
	5:00 PM	Pan-Orthodox Vespers – Assumption Parish – Pawtucket, RI
Friday, March 20	6:00 PM	Liturgy of Presanctified Gifts (w/ Pot Luck Dinner)
Saturday, March 21	10:00 AM	Moleben to the Lord followed by Sorokousty for the Deceased
Sunday, March 22	9:00 AM	Divine Liturgy of St Basil The Great
	5:00 PM	Pan-Orthodox Vespers – St John’s Parish – Woonsocket, RI
Wednesday, March 25	7:00 PM	Liturgy of Presanctified Gifts (w/ Pot Luck Dinner)
Saturday, March 28		Lenten Mission – New England Deanery UOCofUSA
	9:00 AM	Divine Liturgy – St Mary - New Britain, CT (Holy Confession)
	1:30 PM	Holy Unction – St Michael – Woonsocket, RI (Holy Confession)
	4:00 PM	Great Vespers – St Andrew – Jamaica Plain, MA (Holy Confession)
Sunday, March 29	9:00 AM	Divine Liturgy of St Basil
	5:00 PM	Pan-Orthodox Vespers – Sts Sahag & Mesrob – Providence, RI
Thursday, April 2	6:00 PM	Canon of St Andrew
Saturday, April 4	10:00 AM	Akathist to the Mother of God
Sunday, April 5	9:00AM	Divine Liturgy of St Basil
	5:00 PM	Pan-Orthodox Vespers – St Mary & Mena - Cranston
Monday, April 6	10:30 AM	Moleben to the Mother of God for Holy Annunciation
Tuesday, April 7	10:30 AM	Divine Liturgy of Holy Annunciation
Wednesday, April 8	7:00 PM	Liturgy of Presanctified Gifts
Saturday, April 11	10:00 AM	Divine Liturgy – Lazarus Saturday



HOLY WEEK, PASCHA, AND BRIGHT WEEK 2020

- Sunday, April 12 9:00 AM PALM SUNDAY.** Divine Liturgy of St John Chrysostom + blessing of Willows
- Tuesday, April 14 6:00 PM** Bridegroom Matins
- Wednesday, April 15 GREAT (PASSION) WEEK – WEDNESDAY**
7:00 PM Combined Holy Unction Service at St. John’s in Woonsocket
- Thursday, April 16 GREAT THURSDAY – Commemoration of the Mystical Supper**
12 NOON Vespers Liturgy of St. Basil, preparation of Reserved Sacrament
7:00 PM Matins of the Holy Passion (Service of the 12 Passion Gospels)
- Friday, April 17 GREAT FRIDAY – Commemoration of the Saving Passion of Christ**
6:30 PM Great Vespers – Commemoration of the Burial of Christ w/ Procession
- Saturday, April 18 GREAT SATURDAY AND HOLY PASCHA And Holy Annunciation**
10:00 AM Vespers (Resurrection) Liturgy of St. Basil and Readings; followed by the blessing and sharing of a simple repast to sustain us through our vigil
- Sunday, April 19 SUNDAY OF PASCHA**
6:00 AM Paschal Midnight Office, Procession, Matins & Divine Liturgy; Blessing (and eating!!!) of Paschal Baskets in the Church Hall
- Monday, April 20 BRIGHT MONDAY**
10:30 AM Paschal Divine Liturgy
- Saturday, April 25 Eve of St Thomas Sunday**
6:00 PM Great Vespers for St Thomas Sunday
- Sunday, April 26 ST THOMAS SUNDAY**
9:00 AM Divine Liturgy, Blessing of Graves at St. Michael Cemetery

During Great Lent, we are encouraged to slow down the pace of our lives and spend more time in quiet and prayer. Unless we focus on the basics (prayer, family, worship) and downsize the rest, the additional disciplines of Lent will either go unused or just add stress to our lives. Neither approach is useful.

