



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

March 12, 2023

SERVICE SCHEDULE

Sunday, Mar. 12 – 2nd Sunday of the Great Lent / St. Gregory Palamas the Archbishop of Thessalonica / Synaxis of all Venerable Fathers of the Kyiv Caves.

Tone 6 / Epistle: Heb. 1:10–2:3; Gospel: Mk. 2:1-12

9:00AM Divine Liturgy of St. Basil the Great – Live video broadcast on our Facebook page: <https://www.facebook.com/StMichaelUOC/>

5:00PM Pan Orthodox Vespers at Assumption Parish - 97 Walcott St - Pawtucket – Preacher: Fr Peter Lenerweaver

WEEKDAY SCRIPTURE READINGS

GREAT LENT

Mon., Mar. 13: St. Basil the Confessor

Vesp.: Gen. 6:9-22; Prov. 8:1-21

Tues, Mar. 14: Martyr Eudocia of Heliopolis

Vesp.: Gen. 7:1-5; Prov. 8:32-9:11

Wed., Mar. 15: Hieromartyr Theodotus, bishop of Cyrenia

Vesp.: Gen. 7:6-9; Prov. 9:12-18

7:00PM Liturgy of the Presanctified Gifts

Thur., Mar. 16: Martyrs Eutropius, Cleonicus and Basiliscus

Vesp.: Gen. 7:11-8:3; Prov. 10:1-22

Fri., Mar. 17: St. Gerasimus of the Jordan

Vesp.: Gen. 8:4-21; Prov. 10:31-11:12

Sat., Mar. 18: Memorial Saturday / Martyrs Conon, Onisius of Isauria

Epistle: Heb. 10:32-38; Gospel: Mk. 2:14-17

11AM Sorokousty for the Departed, followed by Bible Study

Sunday, Mar. 19 – 3rd Sunday of the Great Lent / Adoration of Cross

Tone 7 / Epistle: Heb. 4:14-5:6; Gospel: Mk. 8:34-9:1

9:00AM Divine Liturgy of St. Basil the Great – Live video broadcast on our Facebook page: <https://www.facebook.com/StMichaelUOC/>

5:00PM Pan Orthodox Vespers at St Mary's Parish - 249 High Street - Pawtucket - Preacher: Mike Mekler

Remember: even when you are absent, expenses continue

PARISH NEWS

--WE EXTEND BIRTHDAY GREETINGS TO: David Skocypiec (Mar. 9), may God grant you, Many, Happy Years! Многая літа!

--BIG BROTHERS & BIG SISTERS PARTNERING WITH ST. MICHAEL'S: "We are instituting a new fund raiser for St Michael, and partnering with Big Brothers and Big Sisters of RI.

Starting March 15 there will be a clothing bin in the parking lot for depositing clothes, textiles and shoes. Please consider supporting your church and the BBBSRI Community." Irene Shewchuyk

--FROZEN FOOD AND SPRING COOKIE/BAKE SALE:

Pick up date Sat April 1, 9-11 am / Online frozen food ordering opens on March 25 <https://st-michael-uoc.square.site/>

In person orders welcome as well. Easter cookies and breads will be available. Our Ukraine Aid shop will also be open - please help support the people of Ukraine. Slava Ukraini! Heroyam Slava!

--WE WANT TO REMIND PARISHIONERS that services will still go on even when there is inclement weather. PLEASE use your best

judgement about attending and use extreme caution when driving during winter weather.

--2ND COLLECTION for March and April collection will be to replace the sewer pipe in the church.

--CEMETERY PLOTS: St. John's Ukrainian Orthodox Church Cemetery is located on Hewes St. in Cumberland, RI. The cemetery has been in existence since the 1940's. It was once only affiliated with St. John's Church and its parishioners. However, the Church was dissolved in 1982 and the Cemetery is now open to all Orthodox and Christian faiths. There are an estimated 635 plots available on 2.5 acres of land. If you would like further information, please contact: Leo Andryc (Trustee) at (401)-480-2529 or Eleanor Kogut (Treasurer) at (508)-883-7176.

--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**. *(These dates have been changed and as soon as we have that info we will provide it here.)* 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.

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

Remember: The Sr. UOL has agreed to donate (at least) 50% of all proceeds from the cookie sales to help off-set the cost of the new boiler for the rectory! The more cookies we have to sell the more funds will be offered for this cause!

BAKERS NEEDED!!! The freezers are ready for your cookies! Bins for freezing are available in the Parish Hall and are preferred. (so we can stack them in the freezer!)

For the Spring Cookie Walk we are aiming for variety over quantity. (ie., rather than the usual 10-12 dozens of the same exact cookie, maybe make 6-8 doz. each of two or more different kinds of cookies?)

Vegan Easter Sugar Cookies (GF-Options) - Nourishing Amy

Please talk to Janice or Erika if you can help out or have any questions.

Sponsored by the Sr. UOL

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

1--Please stop at the desk in the Narthex and greet the ushers so they can register you in (for contact tracing purposes.)

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

3--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!**

UPCOMING PARISH & INTER-PARISH EVENTS

--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

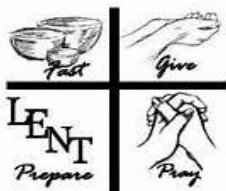
--Saturday, April 1, – Spring Cookie Walk

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

RI Orthodox Clergy Fellowship Services

for Great Lent 2023

~Open to All~



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Sunday March 12- Assumption Parish – 5PM

97 Walcott St - Pawtucket = Preacher – Fr Peter Lenerweaver

Sunday March 19 - St Mary's Parish - 5PM

249 High Street - Pawtucket = Preacher – Mike Mekler

Sunday March 26 - St Michael's Parish - 5PM

74 Harris Ave Woonsocket = Preacher – Fr Shnork Souin

Sunday April 2 - St Mary/Mena's Parish - 5PM

2433 Scituate Avenue Hope (Cranston) = Preacher – Fr Samuel Hanna

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In Addition

EVE OF ANNUNCIATION GREAT VESPERS with 4th Stanza of the Salutations– Friday March 24

Annunciation Parish / 175 Oaklawn Ave – Cranston – 6PM



GREAT LENT 2023

Sunday, March 12	9:00 AM	Divine Liturgy of St Basil The Great
	5:00 PM	Pan Orthodox Vespers – Assumption Pawtucket
Wednesday, March 15	7:00 PM	Liturgy of Presanctified Gifts
Saturday, March 18	11:00 AM	Sorokousty for the Deceased, followed by Bible Study
Sunday, March 19	9:00 AM	Divine Liturgy of St Basil The Great
	5:00 PM	Pan Orthodox Vespers – St. Mary’s in Pawtucket
Wednesday, March 22	7:00 PM	Liturgy of Presanctified Gifts
Saturday, March 25	11:00 AM	Sorokousty for the Deceased, followed by Bible Study
Sunday, March 26	9:00 AM	Divine Liturgy of St Basil
	5:00 PM	Pan Orthodox Vespers – St. Michael’s in Woonsocket
Wednesday, March 29	7:00 PM	Great Canon of St. Andrew of Crete
Saturday, April 1	11:00 AM	Akathist to the Mother of God
Sunday, April 2	9:00AM	Divine Liturgy of St Basil
	5:00 PM	Pan Orthodox Vespers – Sts. Mary/Mina in Cranston (Hope)
Friday, April 7	10:30 AM	Holy Annunciation Divine Liturgy
Saturday, April 8	8:00 AM	Divine Liturgy – Lazarus Saturday



HOLY WEEK, PASCHA, AND BRIGHT WEEK 2023

Sunday, April 9	9:00 AM	PALM SUNDAY - Divine Liturgy of St John Chrysostom + blessing of Willows
Wednesday, April 12		GREAT WEDNESDAY –
	6:00 PM	Service Of Holy Anointing at St Michael
Thursday, April 13		GREAT THURSDAY – Commemoration of the Mystical Supper
	12:00 PM	Vesperal Liturgy of St. Basil, preparation Reserved Sacrament
	7:00 PM	Matins of the Holy Passion (Service of the 12 Passion Gospels)
Friday, April 14		GREAT FRIDAY – Commemoration of the Saving Passion of Christ
	6:30 PM	Great Vespers – Commemoration of the Burial of Christ Procession
Saturday, April 15		GREAT SATURDAY
	10:00 AM	Moleben for Great and Holy Saturday
Sunday, April 16		SUNDAY OF PASCHA
	6:00 AM	Paschal Midnight Office, Procession, Matins & Divine Liturgy; Blessing of Baskets
Monday, April 17		BRIGHT MONDAY
	10:30 AM	Paschal Divine Liturgy

Sunday, April 23

ST THOMAS SUNDAY

9:00 AM

Divine Liturgy, Blessing of Graves at St. Michael Cemetery

The purpose of Lent is not to force on us a few formal obligations, but to “soften” our hearts so that it may open itself to the realities of the spirit, to experience the hidden “thirst and hunger” for communion with God.

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.

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 Lent

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.

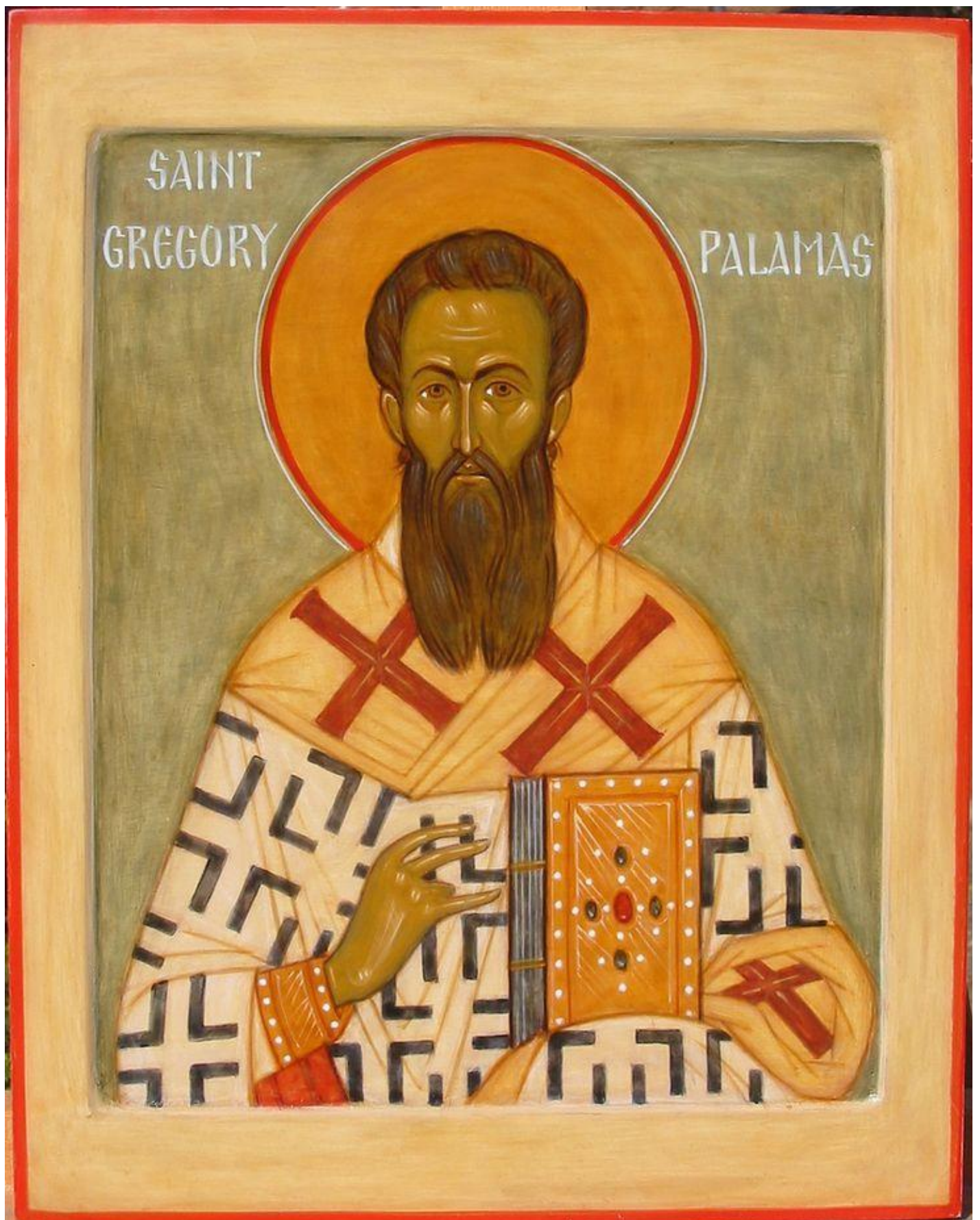
9. Loving people without pleasing people

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!"



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 were 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. 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. 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 <i>Тиждень звичайного посту</i>	 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. <i>«Вбачайте» Христа в усіх навколо вас (це не так просто, як це звучить).</i>
5 ЛЮТОГО <i>Тиждень без посту</i>	 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. <i>Робіть добру справу таємно, нікому про це не розповідаючи (не вихваляючись).</i>
12 ЛЮТОГО <i>Тиждень звичайного посту (Останній тиждень для споживання м'ясних продуктів.)</i>	 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. <i>Намагайтеся позбутися позаної звички (менше дивіться телевизор, витрачайте менше часу на соціальні мережі, проводьте більше часу з сім'єю...)</i> Останній тиждень для споживання м'ясних продуктів.
19 ЛЮТОГО <i>Неділя М'ясопуста (Останній день для споживання м'ясних продуктів.)</i>	 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"? <i>Купіть комусь обід (беззачатку, принесіть знедоленим чи заплатіть за чийсь їжу).</i> Останній тиждень для споживання сирих/молочних молочними продуктами.
26 ЛЮТОГО <i>Неділя Сиропуста.Прощена (Завтра починається Великий Піст)</i>	 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. <i>Кожного дня цього тижня намагайтеся просити пробачення в інших (на роботі, у школі, вдома).</i> 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. <i>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.</i>
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. <i>Практикуйте тишу (не слухайте музику, менше розмовляйте), щоб ви могли краще зосередитися на Богові. Кожен день, якомога частіше молитесь Ісусову молитву. «Господи Ісусе Христе, Сину Божий, помилуй мене грішного.»</i>
19 БЕРЕЗНЯ <i>(Половина шляху до Пасхи)</i>	 ХРЕСТОПОКЛОННА Апостол: Євр. 4:14-5:6 ЄВАНГЕЛІЄ: Мр. 8:34-9:1	Розмістіть хрест в центрі вашого Молитовного Куточка. <i>Носіть свій хрест на видній весь тиждень. Кожного ранку і ввечері цього тижня помоліться: «Хресту Твоєму поклоняємось, Владико, і святе Воскресіння Твоє славимо.»</i>
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. <i>Ніколи не припиняйте йти по цій драбині. Проводьте час із родиною, готуючи та разом споживаючи їжу. Розкажіть один одному про проблему з якою ви стикнулися протягом дня, і про те, як ви перетворили негатив на позитив.</i>
2 КВІТНЯ	 ПРП. МАРІЇ ЄГИПЕТСЬКОЇ Апостол: Євр. 9:11-14 ЄВАНГЕЛІЄ: Мр. 10:32-45	Преподобна Марія Єгипетська стала святою, лише усвідомивши свою гріховність. <i>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?</i>
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. <i>Коли зустрічаєте людину з сумом на обличчі, чи в когось видався тяжкий день - розрадіть їх.</i>
9 КВІТНЯ <i>(Початок Страстного тижня)</i>	 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!» <i>Стережіться, щоб не вживати ім'я Господа даремно.</i>
12 КВІТНЯ <i>(Літургія Ранішосвячених Дарів)</i>	 ВЕЛИКА СЕРЕДА (СЛУЖБА МИРОПОМАЗАННЯ) ЄВАНГЕЛІЄ: Мт. 26:6-16	Грішниця помазала ноги Господа дорогою олією і витерла їх своїм волоссям. <i>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...</i>
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 ВИМВАННЯ НГ: Ін.13:1-11; Ін.13:12-17	Після Тайної Вечері Господь вмив 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. <i>Ми повинні служити, а не чекати, коли нам послужать. Без нарікань приготуйте вечерю, помийте посуд, підметіть підлогу і помоліться за інших.</i>
14 КВІТНЯ <i>(СТРОГІЙ ПІСТ)</i>	 ВЕЛИКА П'ЯТНИЦЯ (ХРИСТА РОЗПІНУЛИ) ЦАРСЬКІ ЧАСИ І ВЕЧІРНЯ	Сьогодні Господь страждав, був катований і ПРИБИТИЙ ДО ХРЕСТА. <i>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.</i>
15 КВІТНЯ <i>(Літургія Св. Василя Великого)</i>	 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. <i>Плекайте мир. Нікої гучної музики. Без телевізора. Без суперечок. Приготуйте пасхальну трапезу. Розфарбуйте яйця.</i>
16 КВІТНЯ	 СВІТЛЕ ХРИСТОВЕ ВОСКРЕСІННЯ ПАСХА ХРИСТОВА! Апостол: Діян. 1:1-8 ЄВАНГЕЛІЄ: Ін. 1:1-17	ХРИСТОС ВОСКРЕС! <i>Відкладіть усілякі земні піклування і радійте!</i>





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 АГРЕСОРІ,
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.



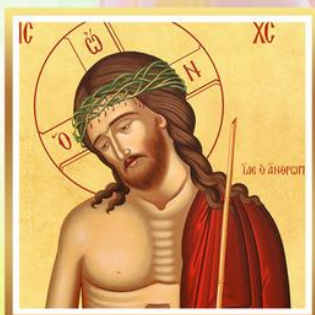
PRAYER FOR UKRAINE

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

MARCH CELEBRATIONS У БЕРЕЗЕНІ СВЯТКУЄМО

УКРАЇНСЬКА ПРАВОСЛАВНА ЦЕРКВА США



5

**1ST SUNDAY OF THE GREAT LENT: TRIUMPH
OF ORTHODOXY**

НЕДІЛЯ 1-ША ВЕЛИКОГО ПОСТУ:
ТОРЖЕСТВО ПРАВОСЛАВ'Я

11

MEMORIAL SATURDAY

ПОМИНАЛЬНА СУБОТА

12

**SECOND SUNDAY OF THE GREAT LENT:
ST. GREGORY PALAMAS**

НЕДІЛЯ 2-ГА ВЕЛИКОГО ПОСТУ:
СВТ. ГРИГОРІЯ ПАЛАМИ

18

MEMORIAL SATURDAY

ПОМИНАЛЬНА СУБОТА

19

**3RD SUNDAY OF THE GREAT LENT:
ADORATION OF CROSS**

НЕДІЛЯ 3-ТЯ ВЕЛИКОГО ПОСТУ:
ХРЕСТОПОКЛОННА

25

MEMORIAL SATURDAY

ПОМИНАЛЬНА СУБОТА

26

**4TH SUNDAY OF THE GREAT LENT:
VENERABLE JOHN LISTVYCHNYK**

НЕДІЛЯ 4-ТЯ ВЕЛИКОГО ПОСТУ:
ПРП. ІОАНА ЛІСТВИЧНИКА

