



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 24, 2024

SERVICE SCHEDULE

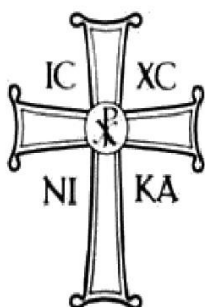
Sunday, Mar. 24: 1st Sunday of the Great Lent: Triumph of Orthodoxy / St. Sophronius, patriarch of Jerusalem – FAST WITH OIL AND WINE ALLOWED

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

9:00AM Divine Liturgy of St. Basil the Great – Live video broadcast on our Facebook page:

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

6:00PM Annunciation Great Vespers / Annunciation GOC / 175 Oaklawn Ave., Cranston, RI / Preacher: Fr. Peter Kostakis



WEEKDAY SCRIPTURE READINGS

GREAT LENT

Mon., Mar. 25: St. Theophanes the Confessor of Sigriane - STRICT FAST

6th hour: Is. 4:2–5:7; Vesp.: Gen. 3:21–4:7; Prov. 3:34–4:22

Tues, Mar. 26: Translation of the relics of St. Nicephorus the Confessor, patriarch of Constantinople - STRICT FAST

6th hour: Is. 5:7-16; Vesp.: Gen. 4:8-15; Prov. 5:1-15

Wed., Mar. 27: St. Benedict of Nursia, abbot - STRICT FAST

6 Hour: Is. 5:16-25; Vesp.: Gen. 4:16-26; Prov. 5:15–6:3

Thur, Mar. 28: Martyrs Agapius, Publius, Timolaus, Romulus, two named Dionysius, and two named Alexander, at Caesarea in Palestine - STRICT FAST

6th Hour: Is. 6:1-12; Vesp.: Gen. 5:1-24; Prov. 6:3-20

Fri., Mar. 29: Martyr Sabinas of Hermopolis, Egypt - STRICT FAST

6th Hour: Is. 7:1-14; Vesp.: Gen. 5:32–6:8; Prov. 6:20–7:1

Sat., Mar. 30: St. Alexis the Man of God, in Rome – FAST WITH OIL AND WINE ALLOWED

Epistle: Heb. 3:12-16; Gospel: Mark. 1:35-44

11:00AM Sorokousty for the Departed, followed by Bible Study

Sunday, Mar. 31: Second Sunday of the Great Lent / St. Gregory Palamas the Archbishop of Thessalonica / Synaxis of all Venerable Fathers of the Kyiv Caves / St. Cyril, archbishop of Jerusalem – FAST WITH OIL AND WINE ALLOWED

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

9:00AM Divine Liturgy of St. Basil the Great – Live video broadcast on our Facebook page:

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

6:00PM Pan Orthodox Vespers / St. Spyridon GOC / Thames & Brewer Sts. / Newport, RI / Preacher: Fr. Marcos Girgis

Remember: even when you are absent, expenses continue

SCRIPTURE READINGS: SUNDAY, MAR. 24, 2024

Heb. 11:24-26, 32–12:2 (Epistle)

Brethren, By faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the

people of God than to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked to the reward. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets— who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated— of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

John 1:43-51 (*Gospel*)

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, “Follow me.” Now Philip was from Beth-sa’ida, the city of Andrew and Peter. Philip found Nathan’a-el, and said to him, “We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph.” Nathan’a-el said to him, “Can anything good come out of Nazareth?” Philip said to him, “Come and see.” Jesus saw Nathan’a-el coming to him, and said of him, “Behold, an Israelite indeed, in whom is no guile!” Nathan’a-el said to him, “How do you know me?” Jesus answered him, “Before Philip called you, when you were under the fig tree, I saw you.” Nathan’a-el answered him, “Rabbi, you are the Son of God! You are the King of Israel!” Jesus answered him, “Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these.” And he said to him, “Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man.”

PARISH NEWS

--WE EXTEND BIRTHDAY GREETINGS TO: Donna Eichorn (Mar. 19) and Steven Hreczuyc (Mar. 22), may God grant you all, Many, Happy Years! Многая літа!

--COOKIE WALK!: Thank you to all who made this year's Spring Cookie Walk a success.

--TIME CHANGE FOR PASCHA SERVICES: Quite a few people have asked for a later time for our Pascha Services. So this year we will begin the services at 8AM and NOT 6AM.

--WE WELCOME ANY AND ALL DONATIONS TO THE CHURCH, LARGE OR SMALL: We are most grateful for your kindness. Your donation is essential to the church. From your contribution, we pay the priest's salary and health insurance, as well as pay the utilities for the church including water, heat, electricity, lawn care and at this time of year, snow plowing and salting the ice on the driveway. Checks should be made out to St. Michael Ukrainian Orthodox Church. Please offer your donations during the church collection or send your dues and donations to:

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

--SEEKING COFFEE HOUR VOLUNTEERS: We are seeking volunteers to sponsor a coffee hour. There will be a white board setup in the Hall with the dates. Simply, write your name for the Sunday you wish to sponsor. Usually the coffee pot and water kettle are ready to go upon your arrival. The coffee pot needs to be plugged in by 8:30 am. You are responsible for purchasing milk and half & half for the coffee. There are presently packaged goods in the kitchen. There also may be frozen items in the freezer designated for coffee hour. Feel free to bring your own items as well. At the end of coffee hour, you are responsible for washing the coffee pot, utensils, plates, etc., wrapping any leftovers, cleaning the food tables and kitchen counter. Please ask if you have any questions or need help with your coffee hour. Thank you for volunteering. Thanks, Eleanor

--2ND COLLECTION: The Special Collection will be to help with the expenses of repairing the front steps of the Church and other capital improvements. Please be as generous as possible. Thank you!

UPCOMING PARISH & INTER-PARISH EVENTS

--2nd Thursday of every month – Akathist to the Mother of God, Healer of Cancer @ 7PM / Followed by Adult Religious Education class. Please submit the names of those you want to have remembered to Fr. Boris.

--APRIL 14TH: Lenten Sunday Evening Vespers @ St. Michael's UOC / 5PM

--JUNE 23RD: Important Annual Meeting of St. Michael's / More Info To Follow

UOL CORNER

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

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

--GOALS OF THE UOL:

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


--MAR. 24: UOL Meeting during coffee hour

--MAR. 31: UOL Soup Sale \$5 for a bowl/container

--APR. 21: UOL Meeting during coffee hour

--APR. 28: Lazarus Saturday/Spring Church Cleaning Day. More info to follow.

*Lenten Retreat
April 6, 2024
"His Mercy Endures Forever"
Retreat will focus on Confession*

	<p style="text-align: center;">Speakers: <i>His Eminence Metropolitan Antony Fr. Anthony Perkins</i></p>
<p style="text-align: center;"><i>Basilian Spirituality Center 710 Fox Chase Rd, Jenkintown, PA 19046</i></p>	
<p>Retreat registration:</p> <p style="text-align: center;">\$40 for adults (early bird rate) - \$50 after 3/27/24 \$30 for adolescents (aged 13 to 18) - \$40 after 3/27/24 \$20 for children 7 to 12- \$30 after 3/27/24 Registration includes breakfast, lunch and snacks.</p> <p style="text-align: center;">For more information contact: Oleh or Natalie at nsufler@aol.com</p>	

UOL RETREAT APRIL 6, 2024

REGISTRATION

Name _____

Address _____

Phone _____ E-mail _____

\$40 for adults (early bird rate) - \$50 after 3/27/24

\$30 for adolescents (aged 13 to 18) - \$40 after 3/27/24

\$20 for children 7 to 12- \$30 after 3/27/24

Appropriate Registration fee is enclosed: Yes _____ No _____

*amount _____

Check made to: Ukrainian Orthodox League of the USA

Return registration to:

Oleh Bilynsky 703 Pine Ridge Rd. Media, PA 19063

Please submit registration by 3/27/24 for early bird rate.

Pictures from the UOL Retreat can be used for publicity. Please indicate if you do not want pictures of you and/or your child used.

CHURCH SCHOOL CORNER

-15 MINUTES WITH FATHER - Last Sunday of the month.



RI ORTHODOX CLERGY FELLOWSHIP SERVICES

2024 Annunciation Observance
Plus, the 4 Sundays of Great Lent Following -Open to All -
All Services at 6:00pm

Sunday March 24 — Annunciation Eve — Great Vespers

Annunciation Parish — 175 Oaklawn Avenue, Cranston RI
Preacher - Fr. Peter Kostakis

Sunday March 31 - St. Spyridon's Parish

Thames & Brewer Sts., Newport, RI
Preacher - Fr. Marcos Girgis

Sunday April 7 - St. Mary's Parish

249 High Street, Pawtucket, RI
Preacher- His Grace Bishop John of Worcester

Sunday April 14 - St Michael's Parish

74 Harris Avenue, Woonsocket, RI
Preacher — Fr. Onisie Morar

Sunday April 21 - St Mary/Mena - (Hope) Cranston

2433 Scituate Avenue, Cranston, RI
Preacher — Deacon John Salmon



THE LENTEN FAST

Great Lent is the longest and strictest fasting season of the year.

Weekdays in the Second through Sixth Weeks: The strict fasting rule is kept every day: avoidance of meat, meat products, fish, eggs, dairy, wine and oil.

Saturdays and Sundays in the Second through Sixth Weeks: Wine and oil are permitted; otherwise the strict fasting rule is kept.

Holy Week: The Thursday evening meal is ideally the last meal taken until Pascha. At this meal, wine and oil are permitted. The Fast of Great and Holy Friday is the strictest fast day of the year: even those who have not kept a strict Lenten fast are strongly urged not to eat on this day. After St. Basil's Liturgy on Holy Saturday, a little wine and fruit may be taken for sustenance. The fast is sometimes broken on Saturday night after Resurrection Matins, or, at the latest, after the Divine Liturgy on Pascha.

Wine and oil are permitted on several feast days if they fall on a weekday during Lent. Consult your parish calendar. On Annunciation and Palm Sunday, fish is also permitted.



GREAT LENT 2024

Sunday, March 24	9:00 AM 6:00 PM	Divine Liturgy Sunday of Orthodoxy Pan Orthodox Vespers – Annunciation Eve Annunciation GOC, 175 Oaklawn Ave., Cranston, RI Preacher: Fr. Peter Kostakis
Saturday, March 30	11:00 AM	Sorokousty for the Deceased, followed by Bible Study
Sunday, March 31	9:00 AM 6:00 PM	Divine Liturgy of St Basil The Great Pan Orthodox Vespers – St. Spyridon GOC, Thames & Brewer Sts., Newport, RI Preacher: Fr. Marcos Girgis
Wednesday, April 3	7:00 PM	Liturgy of Presanctified Gifts
Saturday, April 6	11:00 AM	Sorokousty for the Deceased, followed by Bible Study
Sunday, April 7	9:00 AM 6:00 PM	Divine Liturgy of St Basil The Great / Holy Annunciation Pan Orthodox Vespers – St. Mary's, 249 High street, Pawtucket, RI Preacher: His Grace Bishop John of Worcester
Wednesday, April 10	7:00 PM	Liturgy of Presanctified Gifts
Saturday, April 13	11:00 AM	Sorokousty for the Deceased, followed by Bible Study
Sunday, April 14	9:00 AM 6:00 PM	Divine Liturgy of St Basil Pan Orthodox Vespers – St. Michael's in Woonsocket Preacher: Fr. Onisie Morar
Wednesday, April 17	7:00 PM	Great Canon of St. Andrew of Crete
Saturday, April 20	10:00 AM 11:00 AM	New England Deanery Divine Liturgy @ St. Mary's @ 54 Winter St New Britain, CT Akathist to the Mother of God (Reader's Service)
Sunday, April 21	9:00AM :00 PM	Divine Liturgy of St Basil Pan Orthodox Vespers – Sts. Mary/Mina, 2433 Scituate Ave., Cranston, RI Preacher: Deacon John Salmon
Saturday, April 27	8:00 AM 10:00 AM	Typica Service – Lazarus Saturday followed by church clean-up New England Deanery Divine Liturgy @ St. Andrew's Boston, MA




HOLY WEEK, PASCHA, AND BRIGHT WEEK 2023

- Sunday, April 28** **9:00 AM** **PALM SUNDAY** - Divine Liturgy of St John Chrysostom + blessing of Willows
- Wednesday, May 1** **GREAT WEDNESDAY** –
6:00 PM Service Of Holy Anointing at St Michael
- Thursday, May 2** **GREAT THURSDAY** – **Commemoration of the Mystical Supper**
12:00 PM Vespers Liturgy of St. Basil, preparation Reserved Sacrament
7:00 PM Matins of the Holy Passion (Service of the 12 Passion Gospels)
- Friday, May 3** **GREAT FRIDAY** – **Commemoration of the Saving Passion of Christ**
6:30 PM Great Vespers – Commemoration of the Burial of Christ Procession
- Sunday, May 5** **SUNDAY OF PASCHA**
8:00 AM Paschal Midnight Office, Procession, Matins & Divine Liturgy;
Blessing of Baskets
- Monday, May 6** **BRIGHT MONDAY**
10:30 AM Paschal Divine Liturgy
- Sunday, May 12** **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 partake of the Sacraments of Holy Confession & Holy Communion and 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.



*Today hath appeared, a day full of joy,
because the splendor of true doctrine
shineth forth brilliantly,
and the Church of Christ now sparkleth,
adorned by the elevation of the Icons of the saints
and their illustrating pictures,
and believers attain there a unity rewarded of God.*

-Sunday of Orthodoxy

Journey through Lent



Lenten CHALLENGE

UKRAINIAN ORTHODOX CHURCH OF THE USA PRAYFASTGIVE

2024

18 First day of Great Lent

Pray for YOURSELF and contemplate YOUR personal shortcomings.
Thank God for: **my home &**

Isaiah 1:1-20 Genesis 1:1-13

19 Pray for your family & friends

Pray for understanding, unity and love.
Thank God for: **my church &**

Isaiah 1:19-2:3 Genesis 1:14-2:3

20 Pray for your priest & bishops

Pray the Lord grants them wisdom & patience.
Thank God for: **safety &**

Isaiah 2:3-11 Genesis 1:24-2:3

21 Pray for an enemy

Pray for forgiveness and understanding.
Thank God for: **clean water &**

Isaiah 2:11-21 Genesis 2:4-19

22 Pray for a random person you heard about on the news

Pray for the Lord's mercy.
Thank God for: **warm shower &**

Isaiah 3:1-14 Genesis 2:20-3:20

23 Pray for the world

Pray for peace and freedom in Ukraine and a cessation to all world hostilities.
Thank God for: **job, school &**

Timothy 2:1-10 Mark 2:23-28; 3:1-5

24 Sunday of Orthodoxy

Bring your favorite icon to church.
Volunteer today at church.
Thank God for: **my family &**

31 Sunday of St. Gregory Palamas

Focus during the Divine Liturgy.
Thank God for: **life &**

Hebrews 11:24-26,32-40 John 1:43-51

25 Help others by

...opening the door for someone.
Thank God for: **clean socks &**

Hebrews 2:11-18 Luke 1:24-38

26 Help others by

...making a donation to a local food pantry.
Thank God for: **fresh fruits &**

Isaiah 5:7-16 Genesis 4:8-15

27 Help others by

...pulling in neighbor's trash bin, or shoveling their driveway...
Thank God for: **friends &**

Isaiah 5:16-25 Genesis 4:16-26

28 Help others by

...donating funds or an item to a local animal shelter.
Thank God for: **good health &**

Isaiah 6:1-12 Genesis 5:1-24

29 Help others by

...making someone smile.
Thank God for: **eyesight &**

Isaiah 7:1-14 Genesis 5:32-6:8

30 Help others by

...praying for the souls of those who have reposed.
Thank God for: **family &**

Hebrews 3:12-16 Mark 1:35-44

1 Practice Self Control

Abstaining from Social Media (Facebook, Instagram, Snapchat, etc.)
Thank God for: **sense of smell &**

Isaiah 8:13-9:7 Genesis 6:9-22

2 Practice Self Control

Do not watch TikTok, Facebook, or YouTube reels
Thank God for: **memories &**

Isaiah 9:9-10:4 Genesis 7:1-5

3 Practice Self Control

Be on time to work, school, appointments, and early to bed.
Thank God for: **transportation &**

Isaiah 10:12-20 Genesis 7:6-9

4 Practice Self Control

Leave early and do not speed or rush.
Thank God for: **corner store &**

Isaiah 11:10-12:2 Genesis 7:11-8:3

5 Practice Self Control

Do not use foul language or mean words.
Thank God for: **shoes &**

Isaiah 13:2-13 Genesis 8:4-21

6 Practice Self Control

Go through your closet and donate three items.
Thank God for: **clothing &**

Hebrews 10:32-38 Mark 2:14-17

7 Veneration of the Cross

Double your weekly donation.
Thank God for: **church &**

Hebrews 4:14-16,5:1-6 Mark 8:34-38; 9:1

8 Sacrifice of yourself by

Spending 15 minutes in focused prayer.
Thank God for: **blanket &**

Isaiah 14:24-32 Genesis 8:21-9:7

9 Sacrifice of yourself by

Spending time truly listening to someone.
Thank God for: **alarm clock &**

Isaiah 25:1-9 Genesis 9:8-17

10 Sacrifice of yourself by

not playing video games, PC games, mobile device games, etc.
Thank God for: **my pillow &**

Isaiah 26:21-27:9 Genesis 9:18-10; Isaiah 28:14-22 Genesis 10:32-11:9

11 Sacrifice by

Skipping eating out or purchasing a meal.
Thank God for: **mobility &**

Isaiah 29:13-23 Genesis 12:1-7

12 Sacrifice

Do not have your phone with you at the dinner table.
Thank God for: **sense of touch &**

Hebrews 6:9-12 Mark 7:31-37

13 Sacrifice

Donate generously to the UOC of the USA.
Thank God for: **flowers &**

Hebrews 6:9-12 Mark 7:31-37

14 Sunday of St. John Climacus

Pray for the third person to your left/right in church.
Thank God for: **sunrise/sunset &**

Hebrews 6:13-20 Mark 9:17-31

15 Show Gratitude

Tell your parents you appreciate them, and do something nice.
Thank God for: **pets &**

Isaiah 37:33-38:6 Genesis 13:12-18

16 Show Gratitude

Leave a "thank you" note for the postman/UPS, etc.
Thank God for: **freedom &**

Isaiah 40:18-31 Genesis 15:1-15

17 Show Gratitude

Spend 10 minutes contemplating your blessings from God.
Thank God for: **clean air &**

Isaiah 41:4-14 Genesis 17:1-9

18 Show Gratitude

Purchase a candy bar and hand it to the cashier.
Thank God for: **four seasons &**

Isaiah 42:5-16 Genesis 18:20-33

19 Show Gratitude

Do your best at work, school, etc. Don't waste time.
Thank God for: **intelligence &**

Isaiah 45:11-17 Genesis 22:1-18

20 Show Gratitude

Express gratitude to your ancestors - visit a cemetery, pray for their souls.
Thank God for: **hugs &**

Hebrews 9:1-7 Luke 1:39-49, 56

21 Sunday of St. Mary of Egypt

Do not talk in church before or during Liturgy.
Thank God for: **the Bible &**

Hebrews 9:11-14 Mark 10:32-45

22 Nurture peace & silence

Do not listen to music.
Thank God for: **soap &**

Isaiah 48:17-49:4 Genesis 27:1-41

23 Nurture peace & silence

Do not watch TV, or movies.
Thank God for: **gardens &**

Isaiah 49:6-10 Genesis 31:4-16

24 Nurture peace & silence

Decrease your screentime to a maximum of 30 minutes total.
Thank God for: **friends &**

Isaiah 58:1-11 Genesis 43:26-31; 45:1-16

25 Nurture peace & silence

Spend 1 hour outside in nature.
Thank God for: **colors &**

1 Peter 5:6-14 Luke 10:16-21

26 Nurture peace & silence

Practice an hour of self-care. 1 hour dedicated to you.
Thank God for: **spices &**

Isaiah 66:10-24 Genesis 49:33-50:26

27 Nurture peace & silence

Sit in silence for 30 minutes, and listen for God's Voice.
Thank God for: **roads &**

Hebrews 12:28-29; 13:1-8 John 11:1-45

28 Palm Sunday

Pray the Repentant Prayer of St. Isaac the Syrian.
Thank God for: **love &**

Philippians 4:4-9 John 12:1-18

29 Holy Week

Christ cleansed the Temple. Spend 10 minutes reviewing your conscience. Clean your room.
Thank God for: **trains, planes &**

Matthew 24:3-35

30 Holy Week

The Lord preached. Read the Parable Matthew 21:33-44.
Thank God for: **sunshine &**

Matthew 24:36-51; 25:1-46; 26:1-2

1 Holy Week

Judas made a deal to betray Christ. Ponder how you have betrayed Him.
Thank God for: **cool breezes &**

Matthew 26:6-16

2 Holy Week

Washing of feet and Mystical Supper. Attend the Service of the Reading of the 12 Passion Gospels.
Thank God for: **birdsong &**

Luke 22:1-39 | Corinthians 11:23-32
Matthew 26:1-20; John 13:3-17; Matthew 26:21-39; Luke 22:43-44; Matthew 26:40-75; 27:1-2 Twelve Gospels

3 Holy Week

Christ was crucified. Strict fast. Try to completely abstain from food.
Thank God for: **free will &**

Matthew 27:62-66

4 Holy Week

Avoid making anyone angry, forgive everyone, spend the day peacefully.
Thank God for: **for His Son &**

Romans 6:3-11 Matthew 28:1-20

PRAYER

OTHERS

SELF CONTROL

SACRIFICE

GRATITUDE

SILENCE/PEACE

HOLY WEEK

Вітлик на Великий Піст

УКРАЇНЬСЬКА ПРАВОСЛАВНА ЦЕРКВА США

МОЛІТЬСЯ ПОСТІТЬ ЖЕРТВУЙТЕ

2024

24 Неділя Православ'я
Принесіть до церкви свою улюблену ікону. Послужіть сьогодні в церкві.
Дякуйте Богу за: **свою сім'ю та**

Євреїв 11:24-26, 32-40 Івана 1:43-51

18 Перший день Великого Посту
Моліться за СЕБЕ і роздумуйте над своїми особистими недоліками.
Дякуйте Богу за: **свій дім та**

Ісаїя 1:1-20 Буття 1:1-13

19 Моліться за свою родину та друзів
Моліться за розуміння, єдність і любов.
Дякуйте Богу за: **мою церкву та**

Ісаїя 1:19-2:3 Буття 1:14-23

20 Моліться за свого священника та єпископів
Моліться, щоб Господь дарував їм мудрість і терпіння.
Дякуйте Богу за: **безпеку та**

Ісаїя 2:3-11 Буття 1:24-2:3

21 Моліться за ворога
Моліться за прощення і розуміння.
Дякуйте Богу за: **чисту воду та**

Ісаїя 2:11-21 Буття 2:4-19

22 Моліться за випадкову людину, про яку ви почули по новинах
Моліться про милість Господню.
Дякуйте Богу за: **теплий душ та**

Ісаїя 3:1-14 Буття 2:20-3:20

23 Моліться за світ
Моліться за мир і свободу в Україні та припинення всіх світових ворожнеч.
Дякуйте Богу за: **роботу, школу та**

І Тимофія 2:1-10 Марка 2:23-28, 3:1-5

25 Допоможіть іншим
...відчинивши комусь двері.
Дякуйте Богу за: **чисті шкарпетки та**

Євреїв 2:11-18 Луки 1:24-38

26 Допоможіть іншим
...зробивши пожертву на організацію, що годує бідних.
Дякуйте Богу за: **свіжі фрукти та ...**

Ісаїя 5:7-16 Буття 4:8-15

27 Допоможіть іншим
вивізи сміття для сусіда чи розчистивши для нього сніг...
Дякуйте Богу за: **друзів та**

Ісаїя 5:16-25 Буття 4:16-26

28 Допоможіть іншим
...пожертуйте кошти або речі місцевому притулку для тварин.
Дякуйте Богу за: **добре здоров'я та**

Ісаїя 6:1-12 Буття 5:1-24

29 Допоможіть іншим
...заставте когось посміхнутися.
Дякуйте Богу за: **зір та**

Ісаїя 7:1-14 Буття 5:32-6:8

30 Допоможіть іншим
...помоліться за душі спочилих.
Дякуйте Богу за: **родину та**

Євреїв 3:12-16 Марка 1:35-44

31 Неділя Святителя Григорія Палами
Будьте Уважні під час Божественної Літургії.
Дякуйте Богу за: **життя та**

Євреїв 1:10-14; 2:1-3 Марка 2:1-12

1 Попрактикуйте самоконтроль
Відмовтеся від соціальних мереж (Facebook, Instagram, Snapchat, тощо.)
Дякуйте Богу за: **відчуття запаху та**

Ісаїя 8:13-9:7 Буття 6:9-22

2 Попрактикуйте самоконтроль
Не дивіться відео у TikTok, Facebook або YouTube
Дякуйте Богу за: **спогади та**

Ісаїя 9:9-10:4 Буття 7:1-5

3 Попрактикуйте самоконтроль
Прийдіть вчасно на роботу, в школу, на зустрічі та рано лягніть спати...
Дякуйте Богу за: **транспорт та**

Ісаїя 10:12-20 Буття 7:6-9

4 Попрактикуйте самоконтроль
Вирушайте раніше, не поспішайте й не перевищуйте швидкість.
Дякуйте Богу за: **магазин та**

Ісаїя 11:10-12:2 Буття 7:11-8:3

5 Попрактикуйте самоконтроль
Не використовуйте нецензурну лексику або погані слова.
Дякуйте Богу за: **взуття та**

Ісаїя 13:2-13 Буття 8:4-21

6 Попрактикуйте самоконтроль
Перегляньте свою шафу та подаруйте три речі
Дякуйте Богу за: **одяг та**

Євреїв 10:32-38 Марка 2:14-17

7 Хрестопоклонна Неділя
Подвійте свою щотинжеву жертву.
Дякуйте Богу за: **Церкву та**

Євреїв 4:14-16; 5:1-6 Марка 8:34-38; 9:1

8 Пожертвуйте собою
Проведіть 15 хвилин у зосередженій молитві.
Дякуйте Богу за: **Ковдру та**

Ісаїя 14:24-32 Буття 8:21-9:7

9 Пожертвуйте собою
Проведіть час, по-справжньому у слухаючи когось.
Дякуйте Богу за: **будильник та**

Ісаїя 25:1-9 Буття 9:8-17

10 Пожертвуйте собою
не грайте у відеоігри, комп'ютерні ігри, ігри на мобільних пристроях тощо.
Дякуйте Богу за: **свою подушку та**

Ісаїя 26:21-27:9 Буття 9:18-10:1

11 Пожертвуйте собою
Не їжте в ресторанах та не купуйте їжу.
Дякуйте Богу за: **мобільність та**

Ісаїя 28:14-22 Буття 10:32-11:9

12 Пожертвуйте собою
Не тримайте телефон із собою за обіднім столом.
Дякуйте Богу за: **дотик та**

Ісаїя 29:13-23 Буття 12:1-7

13 Пожертвуйте собою
Щедро пожертвуйте на УПЦ США.
Дякуйте Богу за: **квіти та**

Євреїв 6:9-12 Марка 7:31-37

14 Неділя Іоана Ліввичника
Моліться за третю особу ліворуч/праворуч від вас у церкві.
Дякуйте Богу за: **схід і захід сонця та**

Євреїв 6:13-20 Марка 9:17-31

15 Проявіть вдячність
Скажіть батькам, що Ви їх цінуєте, і зробіть щось приємне.
Дякуйте Богу за: **домашніх тварин та**

Ісаїя 37:33-38:6 Буття 13:12-18

16 Проявіть вдячність
Залиште записку «дякую» листиноші/UPS тощо.
Дякуйте Богу за: **волю та**

Ісаїя 40:18-31 Буття 15:1-15

17 Проявіть вдячність
Приділіть 10 хвилин переоцінивши Ваші благословення від Бога.
Дякуйте Богу за: **чисте повітря та**

Ісаїя 41:14-14 Буття 17:1-9

18 Проявіть вдячність
Придбайте батончик і віддайте його касиру.
Дякуйте Богу за: **пори року та**

Ісаїя 42:5-16 Буття 18:20-33

19 Проявіть вдячність
Постарайтесь якнайкраще на роботі, в школі і т.д. Не марнуйте часу.
Дякуйте Богу за: **інтелект та**

Ісаїя 45:11-17 Буття 22:1-18

20 Проявіть вдячність
Виявіть вдячність вашим предкам – проведіть цинтар, помоліться за їхні душі
Дякуйте Богу за: **обійми та**

Євреїв 9:1-7 Луки 1:39-49, 56

21 Неділя Преподобної Марії Єгипетської
Не розмовляйте в храмі перед і під час Літургії.
Дякуйте Богу за: **Біблію та**

Євреїв 9:11-14 Марка 10:32-45

22 Плекайте спокій і тишу
Не слухайте музику.
Дякуйте Богу за: **мило та**

Ісаїя 48:17-49:4 Буття 27:1-41

23 Плекайте спокій і тишу
Не дивіться телевізор, фільми.
Дякуйте Богу за: **сади та**

Ісаїя 49:6-10 Буття 31:3-16

24 Плекайте спокій і тишу
Скоротіть час в телефоні до 30 хвилин.
Дякуйте Богу за: **друзів та**

Ісаїя 58:1-11 Буття 43:26-31; 45:1-16

25 Плекайте спокій і тишу
Проведіть 1 годину на природі.
Дякуйте Богу за: **кольори та**

І Петро 5:6-14 Луки 10:16-21

26 Плекайте спокій і тишу
Приділіть 1 годину для догляду за собою. 1 година присвячена тобі.
Дякуйте Богу за: **спеції та**

Ісаїя 66:10-24 Буття 49:33-50:26

27 Плекайте спокій і тишу
Посидьте в тиші 30 хвилин і прислухайтесь до голосу Бога.
Дякуйте Богу за: **дороги та**

Євреїв 12:28-29; 13:1-8 Івана 11:1-45

28 Вербна Неділя
Помоліться покаятною молитвою преподобного Єфрема Сирійського
Дякуйте Богу за: **любов та**

Филип'ян 14:4-9 Івана 12:1-18

29 Страсний Тиждень
Христос вичистив Храм.
Приділіть 10 хвилин для іспиту своєї свідомості. Приберіть свою кімнату.
Дякуйте Богу за: **потяги, літаки та**

Матвія 24:3-35

30 Страсний Тиждень
Господь проповідував.
Прочитайте притчу від Матвія 21:33-44
Дякуйте Богу за: **сонце та**

Матвія 24:36-51; 25:1-46; 26:1-2

1 Страсний Тиждень
Юда уклав угоду зрадити Христа.
Пороздумуйте над тим, як Ви зрадили Його.
Дякуйте Богу за: **прохолодне повітря та**

Матвія 26:6-16

2 Страсний Тиждень
Вмивання ніг і Тайна Вечеря.
Прийняти участь у Службі Читання 12-ти Страсних Євангелій.
Дякуйте Богу за: **пташиний спів та**

Луки 22:1-39 | Коринтяни 11:23-32
Матвія 26:1-20; Івана 13:3-17;
Матвія 26:21-39; Луки 22:43-44; Матвія 26:40-75; 27:1-2
Дванадцять Євангелій

3 Страсний Тиждень
Христа розіп'яли. Строгий піст.
Постарайтесь повністю відмовитися від їжі.
Дякуйте Богу за: **фвільну волю та**

Матвія 27:62-66

4 Страсний Тиждень
Постарайтесь нікого не злити, пробачте всіх, проведіть день у спокої.
Дякуйте Богу за: **за Його Сина та**

Римлян 6:3-11 Матвія 28:1-20

МОЛІТВА

ІНШІ

САМОКОНТРОЛЬ

ЖЕРТВА

СПОКІЙ/ТИШУА В ДЯЧНІСТЬ

СТРАСНИЙ ТИЖДЕНЬ



UKRAINIAN RABBIT

Hero

Would you consider helping Ukrainian children in the time of War?

Sponsor a hand-made toy and help a child in Ukraine - \$300

Please let us know where to mail your Ukrainian Rabbit Hero

Make your donation and order via the website

Маєте бажання допомогти українським дітям в час війни?

Зробіть пожертву в розмірі \$300 та отримайте іграшку ручної роботи - тим же допомагаючи дитині в Україні!

Будь ласка, дайте нам знати, куди надіслати вашого іграшкового Українського Кролика

Зробіть пожертву та замовлення в режимі інтернету



МОЛИТВА ЗА УКРАЇНУ

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

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

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

АМІНЬ.



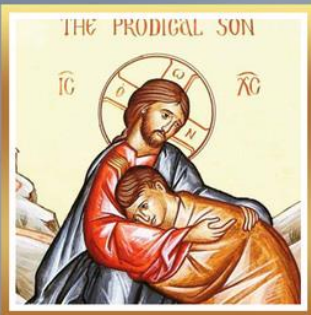
PRAYER FOR UKRAINE

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



3

SUNDAY OF PRODIGAL SON

НЕДІЛЯ ПРО БЛУДНОГО СИНА

9

MEMORIAL SATURDAY

ПОМИНАЛЬНА СУБОТА

10

**MEATFARE SUNDAY, OF THE LAST
JUDGMENT**

НЕДІЛЯ М'ЯСОПУСНА, ПРО СТРАШНИЙ СУД

17

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

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

18

1ST WEEK OF THE GREAT LENT

ПОЧАТОК ВЕЛИКОГО ПОСТУ

24

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

НЕДІЛЯ 1-ША ВЕЛИКОГО ПОСТУ: ТОРЖЕСТВО
ПРАВОСЛАВ'Я

30

MEMORIAL SATURDAY

ПОМИНАЛЬНА СУБОТА

31

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

НЕДІЛЯ 2-ГА ВЕЛИКОГО ПОСТУ:
СВТ. ГРИГОРІЯ ПАЛАМИ

