



# 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](http://www.StMichaelUOC.org) | Fr. Borislav Kroner

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

***April 7, 2024***

## **SERVICE SCHEDULE**

**Sunday, Apr. 7: Third Sunday of the Great Lent / Adoration of the Holy Cross / The Annunciation of the Birth-giver of God – FAST WITH FISH, OIL AND WINE ALLOWED**

**Tone 3 / Epistle: Heb. 4:14–5:6 [Annunciation: Heb. 2:11-18];**

**Gospel: Mark 8:34–9:1 [Annunciation: Luke 1:24-38]**

**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. Mary's, 249 High Street, Pawtucket, RI / Preacher: His Grace Bishop John of Worcester**

## **WEEKDAY SCRIPTURE READINGS**

**GREAT LENT**

**Mon., Apr. 8: Synaxis of the Archangel Gabriel - STRICT FAST  
6th Hour: Is. 14:24-32; Vesp.: Gen. 8:21–9:7; Prov. 11:19–12:6**

**Tues, Apr. 9: St. Matrona of Thessalonica - STRICT FAST  
6th Hour: Is. 25:1-9; Vesp.: Gen. 9:8-17; Prov. 12:8-22**

**Wed., Apr. 10: Martyr Eustratius of the Kyiv Caves - STRICT FAST  
6 Hour: Is. 26:21–27:9; Vesp.: Gen. 9:18–10:1; Prov. 12:23–13:9  
7:00PM Liturgy of the Presanctified Gifts**

**Thur, Apr. 11: Martyr Mark, bishop of Arethusa, Ciril and others - STRICT FAST  
6th Hour: Is. 28:14-22; Vesp.: Gen. 10:32–11:9; Prov. 13:20–14:6  
7:00PM Akathist to the Mother of God – Healer of Cancer**

**Fri., Apr.12: Ven. John (Climacus) of Sinai, author of The Ladder - STRICT FAST  
6th Hour: Is. 29:13-23; Vesp.: Gen. 12:1-7; Prov. 14:15-26**

**Sat., Apr.13: Ven. Hypatius the Healer of the Kyiv Caves – FAST WITH OIL AND WINE ALLOWED  
Epistle: Heb. 6:9-12; Gospel: Mark. 7:31-37  
11:00AM Sorokousty for the Departed, followed by Bible Study**

**Sunday, Apr. 14: Fourth Sunday of the Great Lent / Sunday of St. John of the Ladder / Ven. Mary the Egyptian – FAST WITH OIL AND WINE ALLOWED  
Tone 4 / Epistle: Heb. 6:13-20; Gospel: Mark 9:17-31  
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. Michael’s in Woonsocket  
Preacher: Fr. Onisie Morar**

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

## **SCRIPTURE READINGS: SUNDAY, APRIL 7, 2024**

**Heb. 4:14–5:6 [Sunday] (*Epistle*)**

Brethren, Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sinning. Let us then with confidence draw near to the throne of grace, that

we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him “Thou art my Son, today I have begotten thee”; as he says also in another place, “Thou art a priest forever, after the order of Melchiz’edek.”

### **Heb. 2:11-18 [Annunciation] (Epistle)**

Brethren, For he who sanctifies and those who are sanctified have all one origin. That is why he is not ashamed to call them brethren, saying, “I will proclaim thy name to my brethren, in the midst of the congregation I will praise thee.” And again, “I will put my trust in him.” And again, “Here am I, and the children God has given me.” Since therefore the children share in flesh and blood, he himself likewise partook of the same nature, that through death he might destroy him who has the power of death, that is, the devil, and deliver all those who through fear of death were subject to lifelong bondage. For surely it is not with angels that he is concerned but with the descendants of Abraham. Therefore he had to be made like his brethren in every respect, so that he might become a merciful and faithful high priest in the service of God, to make expiation for the sins of the people. For because he himself has suffered and been tempted, he is able to help those who are tempted.

### **Mark 8:34–9:1 [Sunday] (Gospel)**

At that time, Jesus called to him the multitude with his disciples, and said to them, “If any man would 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? For what can a man give in return for his life? For whoever is ashamed of me and of my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels.” And he said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power.”

### **Luke 1:24-38 [Annunciation] (Gospel)**

After these days his wife Elizabeth conceived, and for five months she hid herself, saying, “Thus the Lord has done to me in the days when he looked on me, to take away my reproach among men.” In the sixth month the

angel Gabriel was sent from God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. And he came to her and said, "Hail, full of grace, the Lord is with you!" But she was greatly troubled at the saying, and considered in her mind what sort of greeting this might be. And the angel said to her, "Do not be afraid, Mary, for you have found favor with God. And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus. He will be great, and will be called the Son of the Most High; and the Lord God will give to him the throne of his father David, and he will reign over the house of Jacob forever; and of his kingdom there will be no end." And Mary said to the angel, "How can this be, since I have no husband?" And the angel said to her, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be called holy, the Son of God. And behold, your kinswoman Elizabeth in her old age has also conceived a son; and this is the sixth month with her who was called barren. 37 For with God nothing will be impossible." And Mary said, "Behold, I am the handmaid of the Lord; let it be to me according to your word." And the angel departed from her.

## **PARISH NEWS**

**--WE EXTEND BIRTHDAY GREETINGS TO:** Kiara Gibbs-LaChapelle (Apr. 5), Joseph Cherkes (Apr. 10) and Michael Erickson (Apr. 13), may God grant you all, Many, Happy Years! Многая літа!

**--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

**--2<sup>ND</sup> 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**

**--2<sup>nd</sup> 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 14<sup>TH</sup>: Lenten Sunday Evening Vespers @ St. Michael's UOC / 6PM**

**--JUNE 23<sup>RD</sup>: 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.

## **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**

<b>Sunday, April 7</b>	<b>9:00 AM</b> <b>6:00 PM</b>	Divine Liturgy of St Basil The Great / Holy Annunciation <b>Pan Orthodox Vespers – St. Mary's, 249 High street, Pawtucket, RI</b> <b>Preacher: His Grace Bishop John of Worcester</b>
<b>Wednesday, April 10</b>	<b>7:00 PM</b>	Liturgy of Presanctified Gifts
<b>Saturday, April 13</b>	<b>11:00 AM</b>	Sorokousty for the Deceased, followed by Bible Study
<b>Sunday, April 14</b>	<b>9:00 AM</b> <b>6:00 PM</b>	Divine Liturgy of St Basil <b>Pan Orthodox Vespers – St. Michael's in Woonsocket</b> <b>Preacher: Fr. Onisie Morar</b>
<b>Wednesday, April 17</b>	<b>7:00 PM</b>	Great Canon of St. Andrew of Crete
<b>Saturday, April 20</b>	<b>10:00 AM</b> <b>11:00 AM</b>	<b>New England Deanery Divine Liturgy @ St. Mary's @ 54 Winter St New Britain, CT</b> Akathist to the Mother of God (Reader's Service)
<b>Sunday, April 21</b>	<b>9:00AM</b> <b>6:00 PM</b>	Divine Liturgy of St Basil <b>Pan Orthodox Vespers – Sts. Mary/Mina, 2433 Scituate Ave., Cranston, RI</b> <b>Preacher: Deacon John Salmon</b>
<b>Saturday, April 2</b>	<b>10:00 AM</b>	<b>New England Deanery Divine Liturgy @ St. Andrew's Boston, MA</b>



## **HOLY WEEK, PASCHA, AND BRIGHT WEEK 2023**

<b>Sunday, April 28</b>	<b>9:00 AM</b>	<b>PALM SUNDAY - Divine Liturgy of St John Chrysostom + blessing of Willows</b>
<b>Wednesday, May 1</b>	<b>GREAT WEDNESDAY –</b> <b>6:00 PM</b>	<b>Service Of Holy Anointing at St Michael</b>
<b>Thursday, May 2</b>	<b>GREAT THURSDAY – Commemoration of the Mystical Supper</b> <b>12:00 PM</b>	<b>Vesperal Liturgy of St. Basil, preparation Reserved Sacrament</b>



**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.**



**L E N T**





# 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 1:14-23

**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

PRAYER

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

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 passed.**  
 Thank God for: **family &**

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

OTHERS

**31 Sunday of St. Gregory Palamas**  
 Focus during the Divine Liturgy.  
 Thank God for: **life &**

Hebrews 1:10-14,2:1-3 Mark 2:1-12

**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

SELF CONTROL

**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 9:18-10:10

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

Isaiah 28:14-22 Genesis 10:32-11:9

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

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

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

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

SACRIFICE

**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

GRATITUDE

**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 31:3-16

**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

SILENCE/PEACE

**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 1 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

HOLY WEEK



# Вітлик на Великий Піст

## УКРАЇНСЬКА ПРАВОСЛАВНА ЦЕРКВА США

### МОЛІТЬСЯ ПОСТІТЬ ЖЕРТВУЙТЕ

# 2024

<p><b>18 Перший день Великого Посту</b> Моліться за СЕБЕ і роздумуйте над своїми особистими недоліками. Дякуйте Богу за: <b>свій дім та</b></p> <p>Євреїв 1:1-20 Буття 1:1-13</p>	<p><b>19 Моліться за свою родину та друзів</b> Моліться за розуміння, єдність і любов. Дякуйте Богу за: <b>мою церкву та</b></p> <p>Ісаїя 1:19-23 Буття 1:14-23</p>	<p><b>20 Моліться за свого священника та єпископів</b> Моліться, щоб Господь дарував їм мудрість і терпіння. Дякуйте Богу за: <b>безпеку та</b></p> <p>Ісаїя 2:9-11 Буття 1:24-23</p>	<p><b>21 Моліться за ворога</b> Моліться за прощення і розуміння. Дякуйте Богу за: <b>чисту воду та</b></p> <p>Ісаїя 2:11-21 Буття 2:4-19</p>	<p><b>22 Моліться за випадкову людину, про яку ви почули по новинах</b> Моліться про милість Господню. Дякуйте Богу за: <b>теплий душ та</b></p> <p>Ісаїя 3:1-14 Буття 2:20-3:20</p>	<p><b>23 Моліться за світ</b> Моліться за мир і свободу в Україні та припинення всіх світових ворожнеч. Дякуйте Богу за: <b>роботу, школу та</b></p> <p>І Тимофія 2:1-10 Марка 2:23-28; 3:1-5</p>
<p><b>24 Неділя Православ'я</b> Принесіть до церкви свою улюблену ікону. Послужіть сьогодні в церкві. Дякуйте Богу за: <b>свою сім'ю та</b></p> <p>Євреїв 11:24-26; 32-40 Івана 1:43-51</p>	<p><b>25 Допоможіть іншим</b> ...відчинивши комусь двері. Дякуйте Богу за: <b>чисті шарпетки та</b></p> <p>Євреїв 2:1-18 Луки 1:24-38</p>	<p><b>26 Допоможіть іншим</b> ...зробивши пожертву на організацію, що годує бідних. Дякуйте Богу за: <b>свіжі фрукти та ...</b></p> <p>Ісаїя 5:7-16 Буття 4:8-15</p>	<p><b>27 Допоможіть іншим</b> вивізи сміття для сусіда чи розчистивши для нього сніг... Дякуйте Богу за: <b>друзів та</b></p> <p>Ісаїя 5:16-25 Буття 4:16-26</p>	<p><b>28 Допоможіть іншим</b> ...пожертуйте кошти або речі місцевому притулку для тварин. Дякуйте Богу за: <b>добре здоров'я та</b></p> <p>Ісаїя 6:1-12 Буття 5:1-24</p>	<p><b>29 Допоможіть іншим</b> ...заставте когось посміхнутися. Дякуйте Богу за: <b>зір та</b></p> <p>Ісаїя 7:1-14 Буття 5:32; 6:8</p>
<p><b>31 Неділя Святителя Григорія Палами</b> Будьте Уважні під час Божественної Літургії. Дякуйте Богу за: <b>життя та</b></p> <p>Євреїв 1:10-14; 2:1-3 Марка 2:1-12</p>	<p><b>1 Попрактикуйте самоконтроль</b> Відмовтесь від соціальних мереж (Facebook, Instagram, Snapchat, тощо.) Дякуйте Богу за: <b>відчуття запаху та</b></p> <p>Ісаїя 8:13-9:7 Буття 6:9-22</p>	<p><b>2 Попрактикуйте самоконтроль</b> Не дивіться відео у TikTok, Facebook або YouTube Дякуйте Богу за: <b>спогади та</b></p> <p>Ісаїя 9:9-10:4 Буття 7:1-5</p>	<p><b>3 Попрактикуйте самоконтроль</b> Прийдіть вчасно на роботу, в школу, на зустрічі та рано лягніть спати.. Дякуйте Богу за: <b>транспорт та</b></p> <p>Ісаїя 10:12-20 Буття 7:6-9</p>	<p><b>4 Попрактикуйте самоконтроль</b> Вирушайте раніше, не поспішайте й не перевищуйте швидкість. Дякуйте Богу за: <b>магазин та</b></p> <p>Ісаїя 11:10-12:2 Буття 7:11-8:3</p>	<p><b>5 Попрактикуйте самоконтроль</b> Не використовуйте нецензурну лексику або погані слова. Дякуйте Богу за: <b>взуття та</b></p> <p>Ісаїя 13:2-13 Буття 8:4-21</p>
<p><b>7 Хрестопоклонн а Неділя</b> Подвійте свою щотижневую жертву. Дякуйте Богу за: <b>Церкву та</b></p> <p>Євреїв 4:14-16; 5:1-6 Марка 8:34-38; 9:1 Ісаїя 14:24-32 Буття 8:21-9:7</p>	<p><b>8 Пожертуйте собою</b> Проведіть 15 хвилин у зосередженій молитві. Дякуйте Богу за: <b>Ковдру та</b></p> <p>Ісаїя 14:24-32 Буття 8:21-9:7</p>	<p><b>9 Пожертуйте собою</b> Проведіть час, по-справжньому у слухаючи когось. Дякуйте Богу за: <b>будильник та</b></p> <p>Ісаїя 25:1-9 Буття 9:8-17</p>	<p><b>10 Пожертуйте собою</b> не грайте у відеоігри, комп'ютерні ігри, ігри на мобільних пристроях тощо. Дякуйте Богу за: <b>свою подушку та</b></p> <p>Ісаїя 26:21-27:9 Буття 9:18-10:1</p>	<p><b>11 Пожертуйте собою</b> Не їдте в ресторанах та не купуйте їжу. Дякуйте Богу за: <b>мобільність та</b></p> <p>Ісаїя 28:14-22 Буття 10:32-11:9</p>	<p><b>12 Пожертуйте собою</b> Не тримайте телефон із собою за обіднім столом. Дякуйте Богу за: <b>дотик та</b></p> <p>Ісаїя 29:13-23 Буття 12:1-7</p>
<p><b>14 Неділя Іоана Листвичника</b> Моліться за третю особу ліворуч/праворуч від вас у церкві. Дякуйте Богу за: <b>схід і захід сонця та</b></p> <p>Євреїв 6:13-20 Марка 9:17-31</p>	<p><b>15 Проявіть вдячність</b> Скажіть батькам, що Ви їх цінуєте, і зробіть щось приємне. Дякуйте Богу за: <b>домашніх тварин та</b></p> <p>Ісаїя 37:33-38:6 Буття 13:12-18</p>	<p><b>16 Проявіть вдячність</b> Залиште записку «дякую» листоноші/UPS тощо. Дякуйте Богу за: <b>волю та</b></p> <p>Ісаїя 40:18-31 Буття 15:1-15</p>	<p><b>17 Проявіть вдячність</b> Приділіть 10 хвилин переоцінивши Ваші благословення від Бога. Дякуйте Богу за: <b>чисте повітря та</b></p> <p>Ісаїя 41:14-14 Буття 17:1-9</p>	<p><b>18 Проявіть вдячність</b> Придбайте батончик і віддайте його касиру. Дякуйте Богу за: <b>пори року та</b></p> <p>Ісаїя 42:5-16 Буття 18:20-33</p>	<p><b>19 Проявіть вдячність</b> Постарайтесь якнайкраще на роботі, в школі і т.д. Не марнуйте часу. Дякуйте Богу за: <b>інтелект та</b></p> <p>Євреїв 9:1-7 Луки 1:39-49, 56</p>
<p><b>21 Неділя Преподобної Марії Єгипетської</b> Не розмовляйте в храмі перед і під час Літургії. Дякуйте Богу за: <b>Біблію та</b></p> <p>Євреїв 9:11-14 Марка 10:32-45</p>	<p><b>22 Плекайте спокій і тишу</b> Не слухайте музику. Дякуйте Богу за: <b>мило та</b></p> <p>Ісаїя 48:17-49:4 Буття 27:1-41</p>	<p><b>23 Плекайте спокій і тишу</b> Не дивіться телевізор, фільми. Дякуйте Богу за: <b>сади та</b></p> <p>Ісаїя 49:6-10 Буття 31:3-16</p>	<p><b>24 Плекайте спокій і тишу</b> Скоротіть час в телефоні до 30 хвилин. Дякуйте Богу за: <b>друзів та</b></p> <p>Ісаїя 58:1-11 Буття 43:26-31; 45:1-16</p>	<p><b>25 Плекайте спокій і тишу</b> Проведіть 1 годину на природі. Дякуйте Богу за: <b>кольори та</b></p> <p>І Peter 5:6-14 Луки 10:16-21</p>	<p><b>26 Плекайте спокій і тишу</b> Приділіть 1 годину для догляду за собою. 1 година присвячена тобі. Дякуйте Богу за: <b>спеції та</b></p> <p>Ісаїя 66:10-24 Буття 49:33-50:26</p>
<p><b>28 Вербна Неділя</b> Помоліться покаянною молитвою преподобного Єфрема Сирійського Дякуйте Богу за: <b>любов та</b></p> <p>Філіп'ян 1:4-9 Івана 12:1-18</p>	<p><b>29 Страсний Тиждень</b> Христос вичистив Храм. Приділіть 10 хвилин для іспиту своєї совісті. Приберіть свою кімнату. Дякуйте Богу за: <b>потяги, літаки та</b></p> <p>Матвія 24:3-35</p>	<p><b>30 Страсний Тиждень</b> Господь проповідував. Прочитайте притчу від Матвія 21:33-44 Дякуйте Богу за: <b>сонце та</b></p> <p>Матвія 24:36-51; 25:1-46; 26:1-2</p>	<p><b>1 Страсний Тиждень</b> Юда уклав угоду зрадити Христа. Породумуйте над тим, як Ви зрадили Його. Дякуйте Богу за: <b>проходливе повітря та</b></p> <p>Матвія 26:6-16</p>	<p><b>2 Страсний Тиждень</b> Вмивання ніг і Тайна Вечеря. Прийняти участь у Службі Читання 12-ти Страсних Євангелій. Дякуйте Богу за: <b>пташиний спів та</b></p> <p>Луки 22:1-39   Corinthians 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</p>	<p><b>3 Страсний Тиждень</b> Христа розіп'яли. Строгий піст. Постарайтеся повністю відмовитися від їжі. Дякуйте Богу за: <b>фвільну волю та</b></p> <p>Матвія 27:62-66</p>
<p><b>4 Страсний Тиждень</b> Постарайтеся нікого не злити, пробачте всіх, проведіть день у спокої. Дякуйте Богу за: <b>за Його Сина та</b></p> <p>Римлян 6:3-11 Матвія 28:1-20</p>					

МОЛІТВА

ІНШІ

САМОКОНТРОЛЬ

ЖЕРТВА

СТРАСНИЙ ТИЖДЕНЬ СПОКІЙ/ТИШУА ВДЯЧНІСТЬ





## 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

## APRIL CELEBRATIONS У КВІТНІ СВЯТКУЄМО

УКРАЇНСЬКА ПРАВОСЛАВНА ЦЕРКВА США



**6**

**MEMORIAL SATURDAY**  
ПОМИНАЛЬНА СУБОТА

**7**

**THE ANNUNCIATION OF THE THEOTOKOS**  
БЛАГОВІЩЕННЯ ПРЕСВЯТОЇ БОГОРОДИЦІ

**3RD SUNDAY OF THE GREAT LENT:  
ADORATION OF CROSS**  
НЕДІЛЯ 3-ТЯ ВЕЛИКОГО ПОСТУ:  
ХРЕСТОПОКЛОННА

**13**

**MEMORIAL SATURDAY**  
ПОМИНАЛЬНА СУБОТА

**14**

**4TH SUNDAY OF THE GREAT LENT:  
VENERABLE JOHN CLIMACUS  
(LISTVYCHNYK)**  
НЕДІЛЯ 4-ТЯ ВЕЛИКОГО ПОСТУ:  
ПРП. ІОАНА ЛІСТВИЧНИКА

**20**

**GLORIFICATION OF THE BIRTH-GIVER OF GOD  
(AKATHIST SATURDAY)**  
ПОХВАЛА ПРЕСВЯТОЇ БОГОРОДИЦІ  
(СУБОТА АКАФІСТА)

**21**

**5TH SUNDAY OF GREAT LENT:  
VENERABLE MARY OF EGYPT**  
5-ТА НЕДІЛЯ ВЕЛИКОГО ПОСТУ:  
ПРП. МАРІЇ ЄГИПЕТЬСЬКОЇ

**27**

**LAZARUS SATURDAY**  
ЛАЗАРЕВА СУБОТА

**28**

**PALM SUNDAY:  
ENTRY OF THE LORD INTO JERUSALEM**  
ВЕРБНА НЕДІЛЯ:  
ВХІД ГОСПОДНІЙ В ЄРУСАЛИМ

