



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

June 11, 2023

SERVICE SCHEDULE

Sunday, June 11: 1st Sunday after Pentecost / ALL SAINTS

Epistle: Heb. 11:33–12:2; **Gospel:** Mt. 10:32-33, 37-38–19:27-30

9:00AM Divine Liturgy of St. John Chrysostom – Live video broadcast on our Facebook page:

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

The last day before the Apostolic Fast

WEEKDAY SCRIPTURE READINGS

Beginning the Apostolic Fast

Mon., June 12: Ven. Isaac, founder of the Dalmatian Monastery – **STRICT FAST**

Epistle: Rom. 2:28–3:18; **Gospel:** Mt. 6:31-34–7:9-11

Tues, June 13: Apostle Hermes of the Seventy – WINE & OIL PERMITTED

Epistle: Rom. 4:4-12; Gospel: Mt. 7:15-21

Wed., June 14: Martyr Justin the Philosopher, and those with him at Rome – STRICT FAST

Epistle: Rom. 4:13-25; Gospel: Mt. 7:21-23

Thur, June 15: St. Nicephorus the Confessor, patriarch of Constantinople – WINE & OIL PERMITTED

Epistle: Rom. 5:10-16; Gospel: Mt. 8:23-27

Fri., June 16: Martyrs Lucillian, Claudius, Hypatius, Paul, and Dionysius; and Virgin Paula – STRICT FAST

Epistle: Rom. 5:17–6:2; Gospel: Mt. 9:14-17

Sat., June 17: St. Metrophanes, first patriarch of Constantinople – FISH, OIL & WINE PERMITTED

Epistle: Rom. 3:19-26; Gospel: Mt. 7:1-8

Sunday, June 18: 2nd Sunday after Pentecost / All Saints of Ukraine & North America – FISH, OIL & WINE PERMITTED

Tone 1 / Epistle: Rom. 2:10-16; Gospel: Mt. 4:18-23

9:00AM Divine Liturgy of St. John Chrysostom – Live video broadcast on our Facebook page:

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Remember: even when you are absent, expenses continue

PARISH NEWS

--2ND COLLECTION for June & July will be for kitchen resources. Thank you!

--ANNUAL MEETING WITH ELECTION OF OFFICERS:
TODAY, Sunday, June 11th.

--KITCHEN DOOR: Please keep the kitchen door closed when the AC is on, it affects the freezer's temperature. **Thank You.**

--ST. MICHAEL CEMETERY ACCESS: Polish National Cemetery has a contract with Pyne Sand and Gravel Co. to excavate and to remove gravel from an area of about 12 acres within their cemetery. They hope to have their operation up and running within the next three months. Once established they are expecting the project to take a minimum of two years. A new access road will be built inside of the Polish cemetery. The plan is to remove between 30 -36 truckloads of gravel per day. The operation will take place **Monday thru Friday between 7am – 5pm and Saturday 9am – 12 pm.** Be aware that you may encounter quite a bit of activity involved

on the shared road. If you have any questions or concerns, contact a Parish Board member.

--KITCHEN SESSIONS FOR UKRAINIAN FESTIVAL-2023:

- All sessions begin at 8:30 am
- Cabbage Filling - **Monday June 19**
- Cabbage varenyky - **Tuesday June 20**
- Potato filling - **Monday July 10**
- Potato Varenyky - **Tuesday July 11**
- Potato filling - **Monday July 17**
- Potato Varenyky - **Tuesday July 18**
- Kapusta - **Tuesday Aug 1**
- OPEN SLOT – **Tuesday Aug 15**
- OPEN SLOT – **Tuesday Aug 29**
- Holubtsi for Combos – **Thursday Sept 7**

UPCOMING PARISH & INTER-PARISH EVENTS

- Sun, June 11** – Annual Meeting with Election of Officers
- Sat, August 26** – Jamestown Festival
- Sun, Sept. 10** – St. Michael’s Ukrainian Festival

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.

Janice: bridesong150@gmail.com Erika: einamaka@gmail.com

--Sunday, September 24, during the coffee hour will be a meeting of the UOL.



APOSTLES' FAST

Duration of the Fast of the Apostles

The fast of the Holy Apostles starts on the second Monday after Pentecost. The duration of this fast varies, depending on the date of Pascha (Easter). *The rule is that the Fast starts on the second Monday after Pentecost (June 12) and ends on July 11.*

Fasting Rules of the Fast of the Holy Apostles

Monday, Wednesday, Friday: Strict fast.

Tuesday, Thursday: Oil and wine permitted.

Saturday, Sunday: Fish, oil and wine permitted.

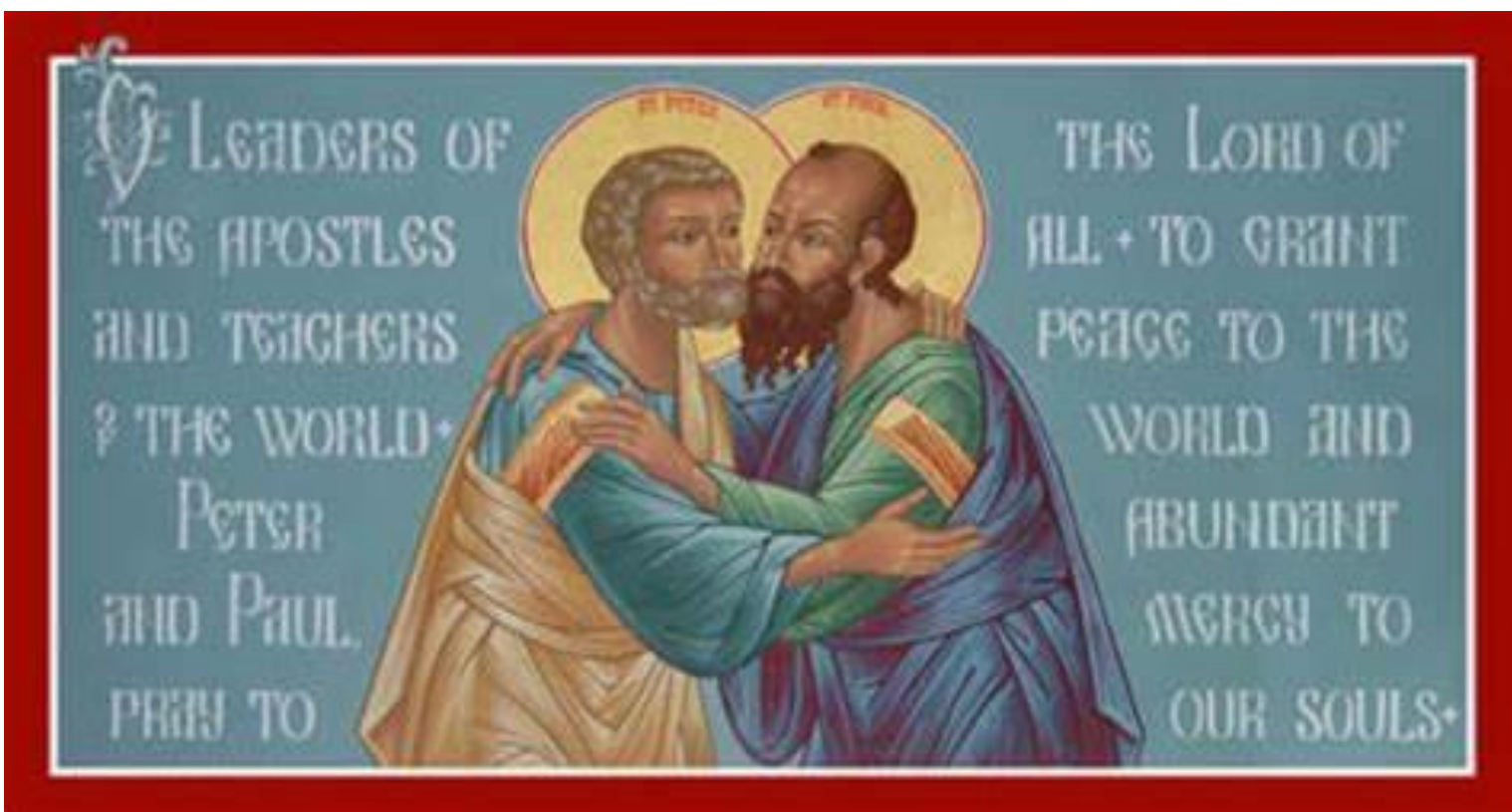
Health Concerns

During fasting seasons, avoiding prohibited foods poses no health risk as long as adequate amounts of other foods are taken. Calcium intake and adequate calories may be a concern for growing children and pregnant and nursing mothers. Calcium-fortified orange juice is an easy way to guarantee plentiful calcium intake while avoiding dairy products. Nuts and nut butters are a good source of calories for those who need to maintain weight on a Lenten diet.

If you are new to fasting, you may find the onset of hunger pangs distressing. Hunger pangs are not harmful; they are simply part of the fast.

The first few days of a long fasting period are often the most difficult. Do not be discouraged by headaches, fatigue, etc. at the beginning of a fasting season — they will disappear or reduce in intensity. If you are troubled by lethargy, try moderate exercise. A short walk can make a surprising difference in your energy.

The rules given here are of course only one part, the most external part, of a true fast, which will include increased prayer and other spiritual disciplines, and may include resolutions to set aside other aspects of our day-to-day life (such as caffeine or television), or to take up practices such as visiting the sick.





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

THE MOTHER OF GOD - QUEEN OF ALL БОГОРОДИЦІ ВСЕЦАРИЦЯ

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

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

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

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

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

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



МОЛИТВА ЗА УКРАЇНУ

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

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

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

АМІНЬ.



PRAYER FOR UKRAINE

LORD OUR GOD,
GREAT AND ALMIGHTY, WE YOUR SINFUL CHILDREN TURN TO YOU WITH
HUMILITY IN OUR HEARTS AND BOW OUR HEADS LOW BEFORE YOU. WE
BESEECH YOUR LOVING KINDNESS AND ABUNDANT BLESSINGS UPON THE
NATION – THE PEOPLE – OF UKRAINE DURING THESE DAYS OF GREAT DANGER
TO THEIR SAFETY AND WELL-BEING.

OUR BROTHERS AND SISTERS, LORD, ARE ONCE AGAIN THREATENED BY
AGGRESSORS WHO SEE THEM ONLY AS SIMPLE OBSTACLES BLOCKING THE
PATH TO THE COMPLETE DOMINATION OF THE PRECIOUS LAND AND
RESOURCES OF THE COUNTRY OF UKRAINE. STRENGTHEN THE PEOPLE AS
THEY FACE THIS GREAT DANGER, TURNING TO YOU IN THE IMMEASURABLY
DEEP FAITH, TRUST AND LOVE THEY HAVE PLACED IN YOU ALL THEIR LIVES.
SEND YOUR HEAVENLY LEGIONS, O LORD, COMMANDED BY THE PATRON OF
KYIV, ARCHANGEL MICHAEL, TO CRUSH THE DESIRES OF THE AGGRESSOR
WHOSE DESIRE IS TO ERADICATE YOUR PEOPLE.

GRANT UNITY OF MIND, HEART AND SOUL, O LORD TO ALL LEADERS IN PUBLIC
SERVICE WITH THOSE THEY SERVE. UNITE THEM ALL INTO ONE, GREAT
CHRISTIAN FAMILY, SO THAT TOGETHER, AS BROTHERS AND SISTERS, THEY
MAY GLORIFY YOUR MAJESTIC NAME – GOD IN THE HOLY TRINITY – FATHER,
SON AND HOLY SPIRIT, NOW AND EVER AND UNTO THE AGES OF AGES.

AMEN.



UKRAINIAN ORTHODOX CHURCH OF THE USA

JUNE CELEBRATIONS У ЧЕРВНІ СВЯТКУЄМО

УКРАЇНСЬКА ПРАВОСЛАВНА ЦЕРКВА США



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MEMORIAL SATURDAY
ПОМИНАЛЬНА СУБОТА

4

PENTECOST: TRINITY SUNDAY
П'ЯТИДЕСЯТНИЦЯ: ДЕНЬ СВЯТОЇ ТРОЙЦІ

5

DAY OF THE HOLY SPIRIT
ДЕНЬ СВЯТОГО ДУХА

11

ALL SAINTS
ВСІХ СВЯТИХ

12

THE BEGINNING OF THE APOSTOLIC FAST
ПОЧАТОК ПЕТРОВОГО ПОСТУ

18

ALL SAINTS OF UKRAINE
ВСІХ СВЯТИХ ЗЕМЛІ УКРАЇНСЬКОЇ

24

**HOLY APOSTLES BARTHOLOMEW
AND BARNABAS**
АПОСТОЛІВ ВАРФОЛОМІЯ І ВАРНАВИ

28

ST. MICHAEL, FIRST METROPOLITAN OF KYIV
СВЯТИТЕЛЯ МИХАЇЛА, ПЕРШОГО
МИТРОПОЛИТА КИЇВСЬКОГО

