

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

*A parish of the UOC-USA and the Ecumenical Patriarchate*  
74 Harris Ave. Woonsocket, RI 02895 | 401.762.3939 |  
www.StMichaelUOC.org | Fr. Borislav Kroner

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

**June 24, 2018**

## **SERVICE SCHEDULE**

### **THE APOSTLES' FAST IS FROM JUNE 4 - JULY 12**

#### **Sunday, June 24 – 4th Sunday after Pentecost / Holy Apostles Bartholomew & Barnabas**

**Tone 3 / Epistle:** Rm. 6:18-23 (**Feast:** Acts 11:19-26,29-30);

**Gospel:** Mt. 8:5-13 (**Feast:** Lk. 10:16-21)

**9:00 AM** Obidna/Typica Service (**Father will be away, this weekend.**)

#### **Saturday, June 30 – Great Vespers**

**6:00 PM** Great Vespers

#### **Sunday, July 1 – 5th Sunday after Pentecost**

**8:30 AM** Service of Repentance

**Tone 4 / Epistle:** Rm. 10:1-10; **Gospel:** Mt. 8:28-9:1

**9:00 AM** Divine Liturgy , **“15 mins with Father”** following the Divine Liturgy

#### **Saturday, June 7 – Great Vespers**

**6:00 PM** Great Vespers

#### **Sunday, July 8 – 6th Sunday after Pentecost**

**Tone 5 / Epistle:** Rm. 12:6-14; **Gospel:** Mt. 9:1-8

**9:00 AM** Divine Liturgy

#### **Saturday, July 14 – Great Vespers**

**6:00 PM** Great Vespers

#### **Sunday, July 15 – 7th Sunday after Pentecost**

**Tone 6 / Epistle:** Rm. 15:1-7; **Gospel:** Mt. 9:27-35

**9:00 AM** Divine Liturgy

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



to be part of things)?, to help. We have an “item of the month” donation box in both the vestibule and the church hall. **The item of the month for June & July: Poppyseed, Cherry, Apricot and Prune pie fillings and chopped nuts.**

--**If you have any ideas** for fund raisers for the church, please let a council member know! And a reminder, please consider our scrip program for gift cards and it's an excellent way for the church to benefit from your gift card purchases!! Remember, they can be used for everyday purchases. **Any questions, please see or email Val Sternadore (valiaws@yahoo.com).**

## **UPCOMING PARISH EVENTS**

**\* \* Every 1st. Sunday of the month is Ukrainian Sunday**, when a majority of the Divine Liturgy is sung in Ukrainian.

**\* \* Every 1st. Sunday of the month is, also, when we celebrate the Rite of Confession**, before the Divine Liturgy at 8:30AM.

**\* \* Every 2nd. Sunday of the month is our “Open House”**, invite your friends to come investigate our Faith Community.

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

**Sunday, September 9th** – St. Michael's Ukrainian Festival

## **KITCHEN WORK SESSIONS**

**Tuesday, June 26:** 7:30am - peel and mash potatoes, make potato balls

**Wednesday, June 27:** 7:30am - pinch perohe

**Monday, July 2:** 7:30am - make fried perohe, 2 batches

**Tuesday, July 3:** 7:30am - make fried perohe, 2 batches

**Tuesday, July 10:** 7:30am - steam cabbage

**Wednesday, July 11:** 7:30am - make holubtsi

**Thursday, August 16:** 7:30am - steam cabbage

**Friday, August 17:** 7:30am - make holubtsi

**Tuesday, September 4:** 7:30am - make fried cabbage

## **Fasting Guidelines: Apostles' Fast**

**On Monday, June 4, we begin the Apostles' Fast**, one of the four canonical fasting periods of the Church year. The Apostles' Fast always begins the Monday following All Saints Sunday and **ends on July 12**, the feast day of Sts. Peter and Paul, Chiefs of the Apostles. These guidelines are general. Fasting is a spiritual discipline that should be practiced with the oversight and direction of your spiritual father. If you have any specific questions about how the fasting discipline applies to you, you should consult your spiritual father.

**The general guidelines for the Apostles' Fast are as follows:**

**Mondays, Wednesdays, And Fridays are Strict Fast Days.** On these days we abstain from meat, dairy, fish with backbones, fowl, wine, and oil.

**Tuesdays and Thursdays are Wine and Oil Days.** On these days the fast is relaxed to permit wine and oil, but we still abstain from meat, dairy, fish with backbones, and fowl.

**Saturdays and Sundays are Fish, Wine, and Oil Days.** On these days the fast is further relaxed to permit fish with backbones in addition to wine and oil, but we still abstain from meat, dairy, and fowl.

### **Notes:**

1. Meals for the fast should follow the dietary restrictions and be cooked simply. Portions should be smaller than usual.
2. If you have a medical condition that requires you to relax the fasting guidelines, then do so.
3. Generally speaking, children and elderly people are allowed to relax the