

**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 25, 2017

SERVICE SCHEDULE

Sunday, June 25th 3rd Sunday after Pentecost

Tone 2

Epistle: Rom. 5:1-10 / Gospel: Mt. 6:22-33

9:00AM Divine Liturgy

Saturday, July 1st

6:00 PM Great Vespers [**CANCELED** due to installation of icons]

Sunday, July 2nd 4th Sunday after Pentecost

Tone 3

Epistle: Rom. 6:18-23 / Gospel: Mt. 8:5-13

8:30 AM Service of Repentance

9:00AM Divine Liturgy

Saturday, July 8th

6:00 PM Great Vespers

Sunday, July 9th 5th Sunday after Pentecost

Tone 4

Epistle: Rom. 10:1-10 / Gospel: Mt. 8:28-9:1

9:00AM Divine Liturgy

Tuesday, July 11th

6:00 PM Great Vespers for the Feast of Sts. Peter & Paul with Litia

Wednesday, July 12th Feast of Sts. Peter & Paul

10:00AM Moleben to Sts. Peter & Paul

Saturday, July 15th

6:00 PM Great Vespers

Sunday, July 16th 6th Sunday after Pentecost

Tone 5

Epistle: Rom. 12:6-14 / Gospel: Mt. 9:1-8

9:00AM Divine Liturgy

Saturday, July 22nd

6:00 PM Great Vespers

Sunday, July 23rd 7th Sunday after Pentecost

Tone 6

Epistle: Rom. 15:1-7 / Gospel: Mt. 9:27-35

9:00AM Divine Liturgy

Saturday, July 29th

6:00 PM Great Vespers [**CANCELED** due to UOL Convention]

Sunday, July 30th 8th Sunday after Pentecost / Commemoration of the Holy Fathers of the First Six Ecumenical Councils

Tone 7

Epistle: 1 Cor. 1:10-18 (Sunday); Heb. 13:7-16 (Holy Fathers)

Gospel: Mt. 14:14-22 (Sunday); Jn. 17:1-13 (Holy Fathers)

9:00AM Divine Liturgy

Remember: even when you are absent, expenses continue.

PARISH NEWS

A hearty welcome to our guests and visitors. Please join us in the church hall after the Divine Liturgy for coffee and fellowship.

We extend birthday greetings to: **Anna Kroner (June 19th)**, **Walter Sholudko (June 22nd)** and **Samuel Chase (June 23rd)**, may God grant you all **Many, Happy Years. Многая літа**

The Ladies Sodality is asking for a donation of a clean, older electric blanket for the kitchen. As well as: Donations of 5# bags of Gold Medal all-purpose flour (bleached or unbleached) and gallon jugs of Wesson vegetable or Mazona corn oil. **Thank you! Дякую!**

From Father Borislav: When you fill out the names to be remembered at the Proskomedia, please print the names, instead of writing them. Also, when approaching the chalice for Holy Communion please say your name to Father. Thank you! Дякую!

Our Convention is just about one month away!! Many parishioners have been asking us, "How can we help?" Here are just a few ways to get involved.

RAFFLE BASKETS: Can you donate a raffle basket for the Convention Raffle table? We will also accept donations and will create a basket on your behalf.

SPONSOR A SEMINARIAN: Please consider making a contribution to help defray the costs of registration for the Seminarians of St. Sophia's.

VOLUNTEER AT CONVENTION: We will need some assistance during the Convention. Can you mind the Baba's Attic shop? Sell raffle tickets at our Raffle Table. Be a runner or help attendees who need rides. We are working on a full schedule of tasks and will have sign-up sheets available soon.

ATTEND OUR WEEKLY PLANNING MEETINGS: We are going to try to meet every Sunday at Coffee Hour from now until July 23rd.

LAST BUT NOT LEAST: All parishioners are cordially invited to attend all Convention meals and events! While the business meetings are for registered Convention attendees, everyone is invited, and encouraged, to join us for our trip to Newport, clambake in Jamestown, Dinner and Pirate show at the Village Haven, the Banquet, and meals and religious services that will take place at the Crown Plaza.

PRAYING OUR WAY THROUGH THE APOSTLES FAST:

Please contact Janice if you would like to take part in the Apostle's Fast prayer program.

bridesong150@gmail.com

Can you help??? We are in need of some coffee hour volunteers!! Your "turn" would come up 2 to 3 times during the year. Explanation will be given on what is needed and how to set up, etc. Please see Cindy Charest to add your name. (The more volunteers we have, the fewer times we each have to volunteer!) Please give it your consideration! **Thank you Дякую!**

Fundraiser: At this year's UOL Convention, we are doing a Service Project on Saturday of that week. In order to do this we will need monetary donations to purchase identical items. The Service Project will be organizing backpacks for the local school children. **Thank you!**

Дякую!

Have you started your spring cleaning yet?? Save your stuff for us AND CLOTHING DRIVE! Items and clothing can be brought to the church basement during coffee hour. Please use white kitchen bags for your clothing as they are easier for us to lift. **Thank you! Дякую!**

Our coffee hours are offered each week for fellowship and sustenance for those who have fasted. While the donations put in the basket are voluntary, they are not nearly meeting the expenses of hosting the coffee hours. Please use a guideline of at least a \$1 donation per person for coffee hour. Your donation benefits our UOL groups. **Thank you! Дякую!**

We now have a church calendar for events on the counter of the kitchen at the "window" area. If you (church school, parish board, kitchen etc) have something coming up, please put it on the calendar and check with a board member to be sure it's ok. We would just like to keep up with all activities and not have conflicts. **Thank you! Дякую!**

If you have any ideas for fund raisers for the church, please let a council member know! And a reminder that with Pascha coming, our scrip program for gift cards is an excellent way for the church to benefit from your gift card purchases!! See Val Sternadore for more info.

KITCHEN SESSIONS:

Monday, June 26, 7:30 a.m., make cabbage filling,
6:00 p.m., making cabbage balls

Wednesday, June 28, 7:30 a.m., pinch vareneky

Monday, July 3, 7:30 am - peel and mash 50# potatoes; make balls

Wednesday, July 5, 7:30am - pinch vareneky.

Monday, July 10, 7:30 a.m., fried Perohe, 3 batches

Wednesday, July 12, 7:30 am, fried Perohe, 3 batches

UPCOMING EVENTS

July 26-30th - UOL Convention!!

The Venerable Onuphrius The Great

Commemorated on July 12 / 25

This saintly hermit had been living in the desert for sixty full years when the monk Paphnutius visited him. His hair and beard reached to the ground and his body, due to a long period of nakedness, was covered with long hair. All his hair was white as snow and his entire appearance was brilliant, sublime and awesome. Seeing Paphnutius, Onuphrius called him by name and recounted to him his [Onuphrius's] life in the wilderness. His guardian angel had appeared to him and brought him to this place in the wilderness. For a long time he had eaten only vegetables, which could rarely be found in the wilderness. After he had endured violent combat with the temptations of the demons, and his heart had been completely strengthened in the love of God, an angel of God brought him bread for nourishment. Besides that, by the good providence of God, there grew up next to his cell a palm tree that brought forth dates abundantly, and a spring of living water began to flow there. "However," Onuphrius said: "I mostly nourish myself and quench my thirst with the sweet words of God." To Paphnutius's question as to how he received Holy Communion, the hermit answered that an angel of God brought him Holy Communion every Saturday. The next day the elder told Paphnutius that it was the day of his departure from this world; he knelt down, prayed to God and gave up his spirit unto God. At that moment Paphnutius saw a heavenly light illuminating the body of the reposed saint and heard the singing of angelic hosts. Having honorably buried the body of Onuphrius, Paphnutius returned to his monastery, that as a living witness he might narrate to others, for their benefit, the wondrous life of this man and the greatness of God's providence toward those who have completely given themselves over to the service of God. Onuphrius died in the year 400 A.D.

Venerable Peter The Athonite

Commemorated on July 12 / 25

Peter was a Greek by birth and a soldier by profession. Once, in battle against the Arabs, Peter was captured, bound in chains, and cast into prison. Peter remained imprisoned a long time in the town of Samara on the Euphrates River, and he constantly prayed that God would free him from prison and take him to a wilderness, where he would dedicate himself completely to a life of prayerful asceticism. St. Simeon the Receiver of God, together with St. Nicholas, appeared to him in prison and touched his iron chains with his staff; they melted like wax and Peter suddenly found himself in a field outside the town. He immediately set out for Rome, where he was tonsured a monk by the pope himself at the tomb of St. Peter. After this he again departed by boat for the east. The All-Holy Birth-giver of God, along with St. Nicholas, appeared to him in a dream, and the Birth-giver of God told St. Nicholas that she had designated Mt. Athos for Peter to live on in asceticism. Up to this time Peter had never heard of Mount Athos.

Disembarking therefore on the Holy Mountain, Peter settled in a cave, where he remained for fifty-three years in difficult ascetic labors, in a struggle with hunger and thirst, with heat and cold, and especially with demonic powers, until he had overcome all with the help of God. After he had endured the first temptations and had successfully passed the first difficult tests before God, an angel of God began to bring him bread every forty days.

On several occasions, the tempter--the devil--appeared to him under the guise of an angel of light, but Peter repelled him with the sign of the Cross and the name of the All-Holy Birth-giver of God. About a year before his death he was discovered by a hunter who was hunting deer around Athos, and from the mouth of the saint heard his life's story. He died in the year 734 A.D. His relics were translated to Macedonia.

<http://www.westsrbdio.org/en/prologue/536-june-12>

Fasting Guidelines: Apostles' Fast 2017

On Monday, **June 12**, we began 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 Ss. Peter and Paul, Chiefs of the Apostles. The duration of this fast varies each year depending on the date of Pascha (which determines the date of All Saints).

This post will provide you with the fasting guidelines for the Apostles' Fast for this year

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 fast under the guidance of their spiritual father.

<http://www.allsaintsnc.org/fasting-guidelines-apostles-fast-2017/>