



# 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*

***June 4, 2023***

## **SERVICE SCHEDULE**

**Sunday, June 4: PENTECOST – TRINITY SUNDAY**

**Epistle: Acts 2:1-11; Gospel: Jn. 7:37-52 – 8:12**

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

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

## **WEEKDAY SCRIPTURE READINGS**

### **FAST FREE WEEK**

**Mon., June 5: DAY OF THE HOLY SPIRIT**

**Epistle: Eph. 5:8-19; Gospel: Mt. 18:10-20**

**Tues, June 6: Ven. Symeon Stylites (the Younger)**

**Epistle: Rom. 1:1-7, 13-17; Gospel: Mt. 4:25–5:13**

**Wed., June 7: 3<sup>rd</sup> Finding of the Head of St. John the Baptist**

**Epistle: 2 Cor. 4:6–15; Gospel: Mt. 11:2-15**

**Thur, June 8: Apostles Carpus of the Seventy and Alphaeus**

**Epistle: Rom. 1:28–2:9; Gospel: Mt. 5:27-32**

**Fri., June 9: Hieromartyr Therapon, bishop of Sardis**

**Epistle: Rom. 2:14-29; Gospel: Mt. 5:33-41**

**Sat., June 10: Leave-taking of the Pentecost**

**Epistle: Rom. 1:7-12; Gospel: Mt. 5:42-48**

**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:**

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***The last day before the Apostolic Fast***

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

**PARISH NEWS**

**--WE EXTEND BIRTHDAY GREETINGS TO:** Aurora Huling (June 3), Congratulations to our 1st Confession class: Eva Fasiak-Harris, Liberty Sullo, Joseph Sullo and Evelyn Skocypec, and Wedding Anniversary greetings to: David & Karen Skocypec, may God grant you all, Many, Happy Years! Многая літа!

**--IT IS WITH GREAT SADNESS** that we share the news of the passing of Paul Lozeau, Jr., stepson of Fr. Dn. Paul, son of the late Panimatka Mary Ann (and father of their granddaughter Marissa.) Funeral was on Wednesday, May 31<sup>st</sup>. Please keep the family of Paul in your prayers that the Lord may grant them peace and strength during their time of grief. May his Memory Be Eternal!

**--2<sup>ND</sup> COLLECTION** for June & July will be for kitchen resources. Thank you!

**--ANNUAL MEETING WITH ELECTION OF OFFICERS:**

**Sunday, June 11<sup>th</sup>.** Anyone who might be interested in running for office should contact Susan Chase ([susanjchase@yahoo.com](mailto:susanjchase@yahoo.com)).

**--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
- Fried Perohe – **Tuesday June 6**
- 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 4 – First Confessions**
- 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."

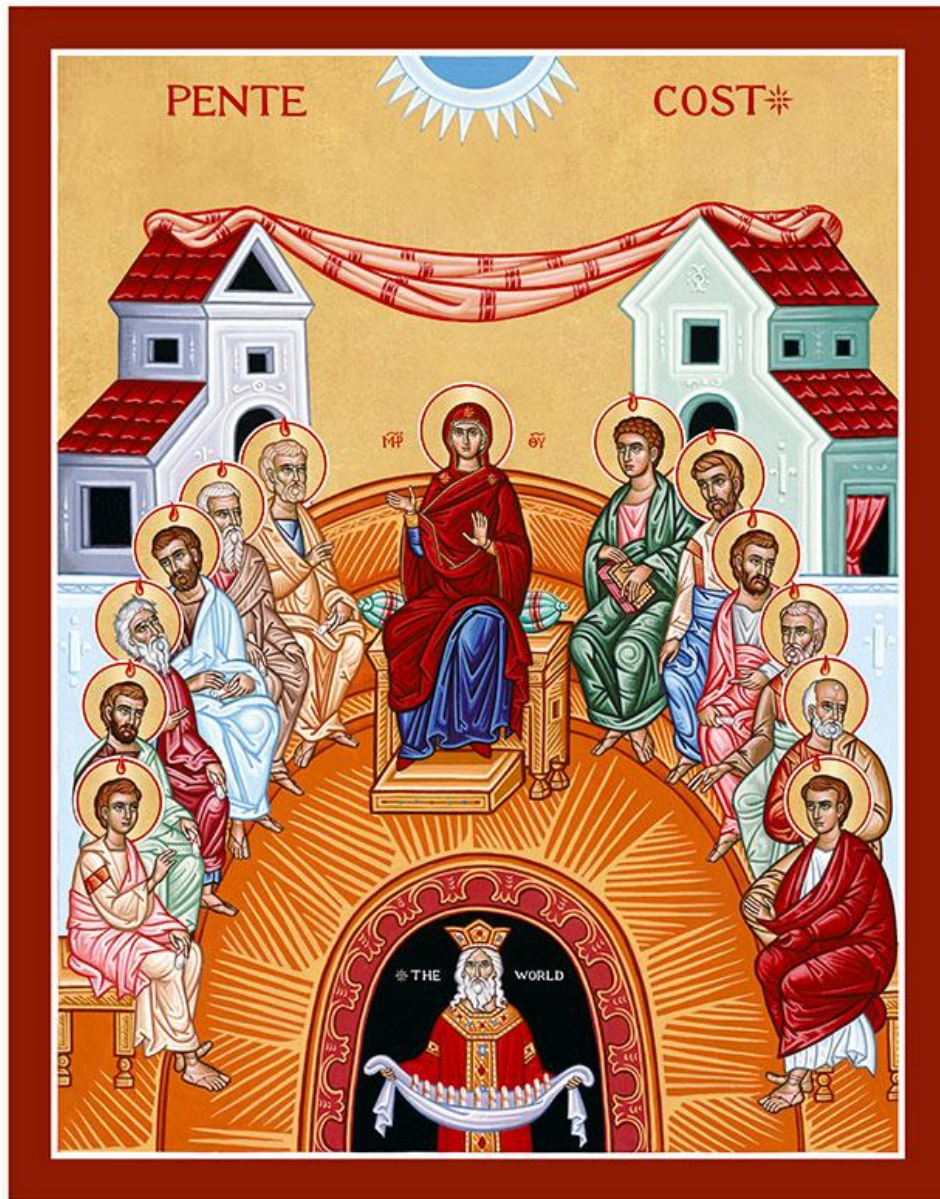
**--UOL MOTTO:** "Dedicated to our Church, Devoted to Its Youth"

**--MEMBERSHIP IN THE UOL:** Anyone wishing to join us in our ministries, please contact Erika Namaka or Janice Meschisen.

Janice: [bridesong150@gmail.com](mailto:bridesong150@gmail.com) Erika: [einamaka@gmail.com](mailto: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

The Fast of the Holy Apostles is not as strict as the Fasts of Pascha and the Nativity of Christ; rather it is more lenient in its duration and rules. The current rules of fasting, during the Apostles' Fast, were established first for the monks of the Monastery of the Kiev Caves by Metropolitan George of Kiev (1069-1072). These rules are still practiced today amongst most Orthodox Christians with minor variations, depending on the jurisdiction.

**The rules are:**

**Monday, Wednesday, Friday: Strict fast.**

**Tuesday, Thursday: Oil and wine permitted.**

**Saturday, Sunday: Fish, oil and wine permitted.**

### **Conclusion**

The Apostles fast has emerged since the very early days of Christianity. It is honored and preserved in the Church as a part of our Holy Tradition. Like all Fasts in the Orthodox Church, the Holy Apostles' Fast aims to help us put on the "armor of light" to against the attacks of the enemy that may befall during our spiritual journey to become united with God through His grace. No better words may express the importance of fasting in our life like the words of St. Abba Isaac the Syrian who says, "*... since fasting is a weapon established by God ...the human race knew no victory before fasting, and the devil was never defeated by our nature as it is: but this weapon has indeed deprived the devil of strength from the outset... As soon as the devil sees someone possessed of this weapon (fasting), fear straightway falls on this adversary and tormentor of ours, who remembers and thinks of his defeat by the Savior in the wilderness; his strength is at once destroyed and the sight of the weapon given us by our Supreme Leader burns him up. A man armed with the weapon of fasting is always afire with zeal. He who remains therein, keeps his mind steadfast and ready to meet and repel all violent passions.*"

### **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.

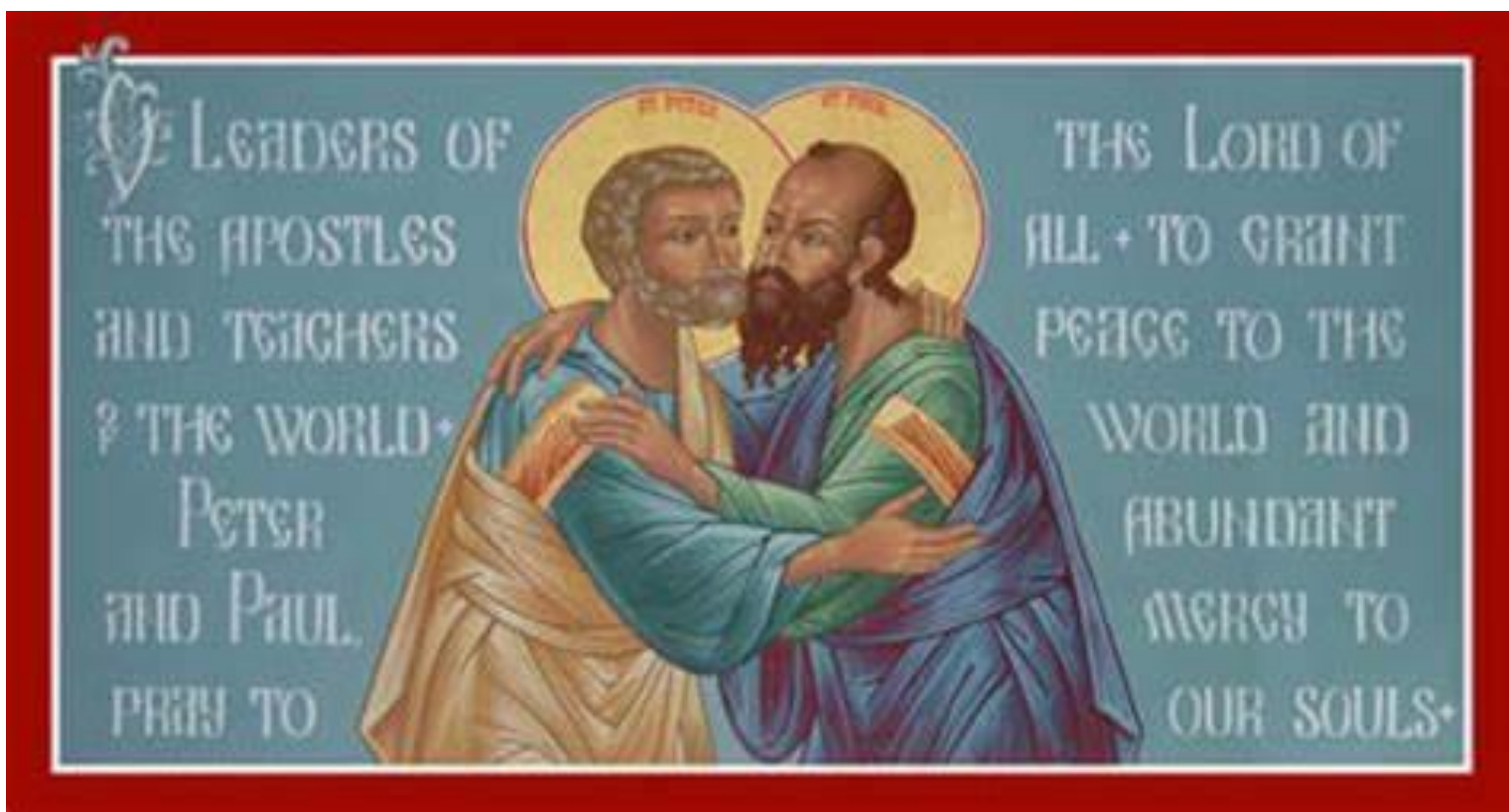


Obviously, many Orthodox do not keep the traditional rule. If you adopt it, beware of pride, and pay no attention to anyone's fast but your own. As one monastic put it, we must "keep our eyes on our own plates."

Do not substitute the notion of "deciding what to give up for Lent" for the rule that the Church has given us. First, keep the Church's fasting rule as well as you are able, then decide on additional disciplines, in consultation with your priest.

We are always advised to fast according to our strength, and you may find from experience that you need to modify the fasting rule to fit your own strength and situation. But do not assume beforehand that the rule is too difficult for you. The Lord is our strength, and can uphold us in marvelous and unforeseen ways.

Those who attempt to keep the Church's traditional fast will find that, though the temptations to pride and legalism are real, the spiritual benefits are great. A return to more diligent fasting could play a large part in the spiritual renewal of our Orthodox churches.







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](mailto:uocofusa@aol.com) with the subject – **PRAYERS**

Будь ласка, надішліть імена тих, за кого ви бажаєте молитися:  
[uocofusa@aol.com](mailto: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

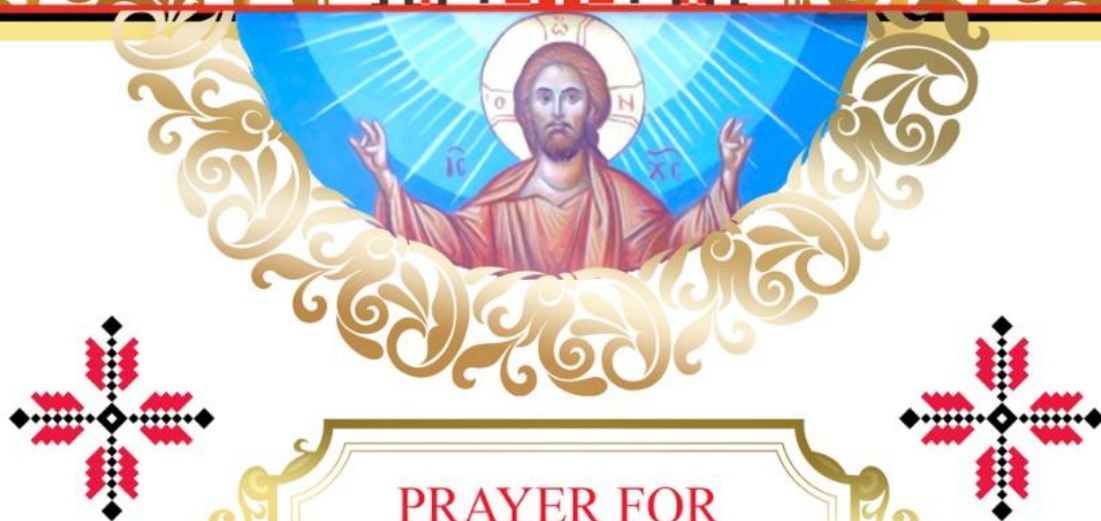
ГОСПОДИ, БОЖЕ НАШ,  
ВЕЛИКИЙ І ВСЕСИЛЬНИЙ, МИ ГРІШНІ ДІТИ ТВОЇ, ЗВЕРТАЄМОСЯ ДО ТЕБЕ У  
ПОКОРІ СЕРДЕЦЬ НАШИХ І НИЗЬКО СХИЛЯЄМО ГОЛОВИ НАШІ ПЕРЕД  
ТОБОЮ. БЛАГАЄМО ТЕБЕ ЗА БЕЗМЕЖНЕ МИЛОСЕРДЯ ТА ЩЕДРІ  
БЛАГОСЛОВЕННЯ ДЛЯ НАРОДУ – ЛЮДЕЙ – УКРАЇНИ, У ЦІ ДНІ ВЕЛИКОЇ  
НЕБЕЗПЕКИ ДЛЯ ЇХ МИРНОГО ЖИТТЯ І ДОБРОБУТУ.

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



**3**

**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

