



# 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*

***August 6, 2023***

## **SERVICE SCHEDULE**

**Sunday, Aug. 6:** 9<sup>th</sup> Sunday after Pentecost / Holy Martyrs and Passion-bearers Borys and Hlib of Rus

**Tone 8 / Epistle:** 1 Cor. 3:9-17; **Gospel:** Mt. 14:22-34

**9:00AM Divine Liturgy** – Live video broadcast on our Facebook page: <https://www.facebook.com/StMichaelUOC/>

## **WEEKDAY SCRIPTURE READINGS**

**Mon., Aug. 7:** The Dormition of the Righteous Anna, mother of the Most Holy Theotokos

**Epistle:** 1 Cor. 15:12-19; **Gospel:** Mt. 21:18-22

**Tues, Aug. 8:** Hieromartyrs Hermolaus, Hermippus, and Hermocrates at Nicomedia

**Epistle:** 1 Cor. 15:29-38; **Gospel:** Mt. 21:23-27

**Wed., Aug. 9: Holy Great-martyr and Healer Panteleimon – FAST**

**Epistle: 1 Cor. 16:4-12; Gospel: Mt. 21:28-32**

**7:00PM Akathist to the Mother of God, Healer of Cancer and other diseases**

**Thur., Aug. 10: Holy Apostles of the Seventy and Deacons: Prochorus, Nicanor, Timon, and Parmenas**

**Epistle: 2 Cor. 1:1-7; Gospel: Mt. 21:43-46**

**Fri., Aug. 11: Martyr Callinicus of Gangra in Asia Minor – FAST**

**Epistle: 2 Cor. 1:12-20; Gospel: Mt. 22:23-33**

**Sat., Aug. 12: Apostles Silas and Silvanus of the Seventy and those with them: Crescens, Epenetus, and Andronicus**

**Epistle: Rom. 15:30-33; Gospel: Mt. 17:24 – 18:4**

**Sunday, Aug. 13: 10<sup>th</sup> Sunday after Pentecost / Forefeast of the Procession of the Precious and Life-giving Cross of the Lord  
Tone 1 / Epistle: 1 Cor. 4:9-16; Gospel: Mt. 17:14-23**

**9:00AM Divine Liturgy – Live video broadcast on our Facebook page: <https://www.facebook.com/StMichaelUOC/>**

## **LAST DAY BEFORE THE DORMITION FAST**

## **DORMITION FAST BEGINS ON MONDAY, AUGUST 14TH**

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

### **SCRIPTURE READINGS: SUNDAY, AUGUST 6, 2023**

#### **1 Corinthians 3:9-17 (Epistle)**

BRETHREN, we are God's fellow workers; you are God's field, you are God's building. According to the grace of God which was given to me, as a wise master builder I have laid the foundation, and another builds on it. But let each one take heed how he builds on it. For no other foundation can anyone lay than that which is laid, which is Jesus Christ. Now if anyone builds on this foundation with gold, silver, precious stones, wood, hay, straw, each one's work will become clear; for the Day will declare it, because it will be revealed by fire; and the fire will test each one's work, of what sort it is. If anyone's work which he has built on it endures, he will receive a reward. If anyone's work is burned, he will suffer loss; but he himself will be saved, yet so as through fire. Do you not know that you are the temple of God and that the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are.

## Matthew 14:22-34 (Gospel)

At that time, Jesus made His disciples get into the boat and go before Him to the other side, while He sent the multitudes away. And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there. But the boat was now in the middle of the sea, tossed by the waves, for the wind was contrary. Now in the fourth watch of the night Jesus went to them, walking on the sea. And when the disciples saw Him walking on the sea, they were troubled, saying, "It is a ghost!" And they cried out for fear. But immediately Jesus spoke to them, saying, "Be of good cheer! It is I; do not be afraid." And Peter answered Him and said, "Lord, if it is You, command me to come to You on the water." So He said, "Come." And when Peter had come down out of the boat, he walked on the water to go to Jesus. But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, "Lord, save me!" And immediately Jesus stretched out His hand and caught him, and said to him, "O you of little faith, why did you doubt?" And when they got into the boat, the wind ceased. Then those who were in the boat came and worshiped Him, saying, "Truly You are the Son of God." When they had crossed over, they came to the land of Gennesaret.

## **PARISH NEWS**

**--WE EXTEND BIRTHDAY GREETINGS TO:** (Omitted from last week's bulletin) Christine Charest (July 25), Kurt Eichorn (July 29), and Natalie Brennan (Aug. 2), Patricia Lavalley (Aug. 3), and Laura Cole Aug. 6), and **WEDDING ANNIVERSARY GREETINGS TO:** Rick & Cindy Charest (Aug. 2)), may God grant you all, Many Happy Years! Многая літа!

**--JOIN US AT A MONTHLY CELEBRATION OF AN AKATHIST TO THE MOTHER OF GOD – QUEEN OF ALL:** beseeching her intercession for the healing of all those suffering from cancer and other diseases. Service is on **Wednesday, Aug. 9 at 7:00PM.** Starting in September it will be at 7:00PM on the 1<sup>st</sup>. Wednesday of the month. Please submit the names of those you wish to pray for.

**--2<sup>ND</sup> COLLECTION** for August will be to help defray Festival expenses. The Special Collection for September will be to help with the expenses of repairing the front steps of the Church. Please be as generous as possible. Thank you!

**--DORCAS INTERNATIONAL MEETING:** Save the Date!!  
Thursday August 17, 2023 / 2:30PM / St. Michael Ukrainian Orthodox Church Hall, 74 Harris Avenue.

Meeting with DORCAS International Reps. That they may update us on the current status of refugees from Ukraine that have come to RI through the U4U program. We would like to sponsor a social get together for the refugees here at St. Michael's. Please join us for the meeting and further planning!

**--UKRAINIAN FESTIVAL 2023 COMMITTEE:** is asking parishioners for their assistance in soliciting sponsors for our Ukrainian Festival in September. Please see these links to download letter that can be given to potential festival sponsors. If you have any questions, please contact Sue Chase: [susanjchase@yahoo.com](mailto:susanjchase@yahoo.com)

**FOR RAFFLE SPONSORS:** [festival raffle letter 2023.pdf](#)  
([mcusercontent.com](http://mcusercontent.com))

**FOR FESTIVAL SPONSORS:** [festival sponsor letter 2023.pdf](#)  
([mcusercontent.com](http://mcusercontent.com))

**--ALL HANDS ON DECK FOR FESTIVAL DAY!** Your help is needed!

Please click here for a list of jobs for our festival. [2023 festival jobs](#)  
([mcusercontent.com](http://mcusercontent.com))

A sign up sheet will be available on the front table in the Parish Hall or you may email Donna Eichorn to let her know how you will help out at our festival! [donnaeichorn@gmail.com](mailto:donnaeichorn@gmail.com)

**--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. 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.

**UPDATE:** A metal plate has been placed over the culvert (brook). Please drive with care as it is not fastened. Also, please lock the gate and DO NOT remove the chain from the lock. Your cooperation would be greatly appreciated. Thank You.

**--REQUEST FROM CEMETERY COMMITTEE:**

Notification was given at a Parish meeting that the trash barrels are no longer available on the cemetery grounds. They were an eyesore. The Parish Board would appreciate your cooperation in the upkeep of the cemetery grounds by removing your trash and not piling it up against the

vault. Please bring your own trash bags when you visit the cemetery.  
Thank you for your cooperation.

**--KITCHEN SESSIONS FOR UKRAINIAN FESTIVAL-2023:**

All sessions begin at 8:30 am

**\*\* NOTE CHANGE OF DATES!!!** *Mon. Aug 14* Potato filling /

*Tues. Aug 15* Potato Varenyky

OPEN SLOT – Tuesday Aug 29

Thurs. Sept 7 Holubtsi for Combos

**UPCOMING PARISH & INTER-PARISH EVENTS**

**--Friday, Aug. 18 – Aug 20<sup>th</sup> – Annual Grecian Festival at  
The Assumption of the Virgin Mary GOC –** 97 Walcott St.,  
Pawtucket, RI / **Friday, Aug. 18 – 5PM – 10PM / Saturday, Aug. 19 –  
12PM – 10PM / Sunday, Aug. 20 – 12PM – 9PM**

**--Saturday, August 26 – Jamestown Festival**

**--Sunday, 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"

**--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.
- Proving 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.

**--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.

## **DORMITION FAST (AUG. 14 – 27)**

Fasting during the two-week Dormition fast is like that during most of Great Lent: August 14<sup>th</sup> to the 27<sup>th</sup>.

**Monday-Friday:** Strict fast. [The strict fasting rule is kept every day: avoidance of meat, meat products, fish, eggs, dairy, wine and oil.]

**Saturday and Sunday:** Wine and oil permitted. [Otherwise the strict fasting rule is kept.]

### **How Much?**

Sad to say, it is easy to keep the letter of the fasting rule and still practice gluttony. When fasting, we should eat simply and modestly.

### **Exceptions**

The Church has always exempted small children, the sick, the very old, and pregnant and nursing mothers from strict fasting. While people in these groups should not seriously restrict the amount that they eat, no harm will come from doing without some foods on two days out of the week — simply eat enough of the permitted foods. Exceptions to the fast based on medical necessity (as with diabetes) are always allowed.

### **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.

The first few days of a long fasting period are often the most difficult.

If you are baffled by what to cook during the fast, consult any of the many vegetarian cookbooks now available in bookstores or your public library. Several good “Lenten cookbooks” are on the market.

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.

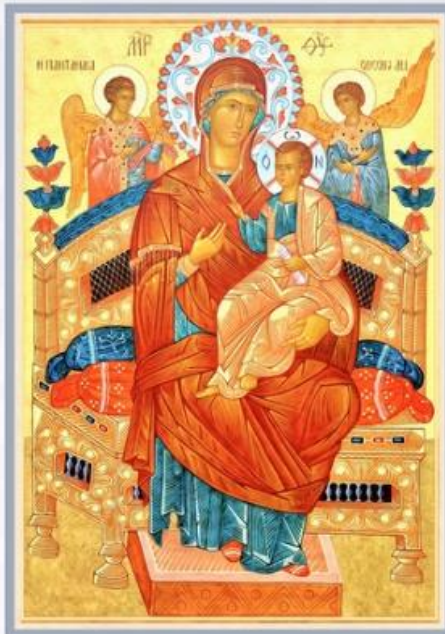
Obviously, many Orthodox do not keep the traditional rule. If you adopt it, beware of pride, and pay no attention to anyone's fast but your own. As one monastic put it, we must "keep our eyes on our own plates."

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

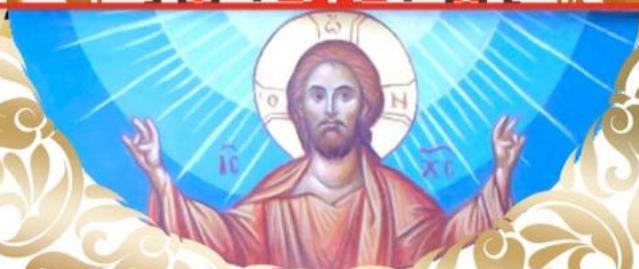
Please submit the names of those you wish to pray for to:  
[uocofusa@aol.com](mailto:uocofusa@aol.com) with the subject – **PRAYERS**

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. 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

## AUGUST CELEBRATIONS У СЕРПНІ СВЯТКУЄМО

УКРАЇНСЬКА ПРАВОСЛАВНА ЦЕРКВА США



**2**

**HOLY GLORIOUS PROPHET ELIAS (ELIJAH)**  
ПРОРОКА ІЛЛІ

**4**

**HOLY EQUAL-TO-THE-APOSTLES  
MARY MAGDALEN**  
РІВНОАПОСТОЛЬНОЇ МАРІЇ МАГДАЛИНИ

**5**

**ПОЧАІВ ICON OF THE MOTHER OF GOD**  
ПОЧАЇВСЬКОЇ ІКОНИ БОЖОЇ МАТЕРІ

**6**

**HOLY MARTYRS AND PASSION-BEARERS  
BORYS AND HLIB OF RUS**  
МЧЧ. БЛГВВ. КНЯЗІВ БОРИСА І ГЛІБА

**7**

**THE DORMITION OF THE RIGHTEOUS ANNA,  
MOTHER OF THE MOST HOLY THEOTOKOS**  
УСПІННЯ ПРАВ. АННИ, МАТЕРІ ПРЕСВЯТОЇ  
БОГОРОДИЦІ

**9**

**HOLY GREAT-MARTYR AND HEALER  
PANTELEIMON**  
ВМЧ. І ЦІЛИТЕЛЯ ПАНТЕЛЕЙМОНА

**14**

**PROCESSION OF THE PRECIOUS WOOD OF THE  
LIFE-GIVING CROSS OF THE LORD  
CELEBRATION OF THE BAPTISM OF  
RUS-UKRAINE**  
ВИНЕСЕННЯ ХРЕСТА ГОСПОДНЬОГО  
ПАМ'ЯТЬ ХРЕЩЕННЯ РУСИ-УКРАЇНИ  
ПОЧАТОК УСПЕНСЬКОГО ПОСТУ

**19**

**THE HOLY TRANSFIGURATION OF OUR LORD,  
GOD, AND SAVIOR JESUS CHRIST**  
ПРЕОБРАЖЕННЯ ГОСПОДА БОГА І СПАСА  
НАШОГО ІСУСА ХРИСТА

**22**

**APOSTLE MATTHIAS**  
АПОСТОЛА МАТВІЯ

**28**

**THE DORMITION OF OUR MOST HOLY LADY THE  
THEOTOKOS AND EVER-VIRGIN MARY**  
УСПІННЯ ПРЕСВЯТОЇ ВЛАДИЧИЦІ НАШОЇ  
БОГОРОДИЦІ І ВСЕДІВИ МАРІЇ

