

## Schedule for the Week

**SUNDAY - 19 February - MEATFARE SUNDAY - SUNDAY OF THE LAST JUDGEMENT - The Venerable Bucolus, Bishop of Smyrna**

*1 Corinthians 8:8-9:2 Matthew 25:31-46*

**Monday; 20 February - The Venerable Parthenius, Bishop of Lampsacus**

*3 John 1:1-14 Luke 19:29-40; 22:7-39*

**Tuesday; 21 February - The Great-Martyr Theodore Stratelates**

*Jude 1:1-10 Luke 22:39-42, 45-23:1*

6:30 PM - MOLEBEN TO THE MOTHER OF GOD FOR THE PEACE AND STABILITY OF UKRAINE ) - Assumption of the Virgin Mary Ukrainian Orthodox Church 1301 Newport Avenue Northampton

**Wednesday: 22 February - The Holy Martyr Nicephorus of Antioch**

*Joel 2:12-26 Joel 3:12-21*

**Thursday; 23 February - The Holy Hieromartyr Charalampus, Bishop of Magnesia/ The Great-Empress of Rus'-Ukraine Anna, wife of St. Yaroslav the Wise**

*Jude 1:11-25 Luke 23:1-34, 44-56*

9 AM - Divine Liturgy for the repose of the souls of Fr. William and PaniMatka Sonia Diakiw requested by the family

**Friday; 24 February - The Holy Hieromartyr Blaise, Bishop of Sebaste**

*Zechariah 8:7-17 Zechariah 8:19-23*

**Saturday; 25 February - The Holy Holy Meletius, Archbishop of Antioch**

*Romans 14:19-23 Matthew 6:1-13*

9 AM - Divine Liturgy for the repose of the soul of Elizabeth Fencik Snyder requested by Fr. Edward Higgins

**SUNDAY - 26 February - CHEESEFARE SUNDAY - SUNDAY OF FORGIVENESS - The Venerable Martinian of Caesarea**

*Romans 13:11-14:4 Matthew 6:14-21*

## Announcements

- **PRAYER SERVICE FOR UKRAINE IN BOUND BROOK** - A special prayer service commemorating one year of the Russian invasion into Ukraine will be held this Thursday; 23 February 2023 at 8 PM at our Church's Metropolis Center in Bound Brook. ALL ARE URGED TO ATTEND. A van from the Lehigh Valley will be provided for those who would like to attend. Please sign up on the bulletin board near the office.
- **SAVE THE DATE: Annual General Parish Meeting Sunday; 26 March 2023 immediately after Divine Liturgy.**
- **COFFEE HOUR SIGN - UP SHEET:** The new coffee hour sign-up sheet is now posted in the Fellowship Hall. Please consider sponsoring a Sunday.

- **AID TO UKRAINE CONTINUES:** As the Russian War on Ukraine continues into a second year, our assistance also continues. We are now partnering with UNITED HELP UKRAINE, an organization that has proven itself over the past year to get the necessary help to Ukraine where it needs to be. In addition to this, we have adopted a military unit, in the Lviv Oblast, to provide them with small items that make their defense of Ukraine easier. Please check the bulletin regularly for updates on the items needed.
- **SPECIAL THANK YOU** to Avery special group of the men of our parish: Richie Bodnar, Nik Fartuch, Pete Fartuch, Metro Hutzalyuk, Ronnie Miller, Dennis Ritter,, for their hard work in mounting on our church property the photos depicting the devastation inflicted upon Ukraine during the past year of Russian invasion. Their hard work is already making an impact. Please make sure you visit the display.
- **PARISH BOARD MEETING -** The regular monthly Parish Board Meeting will take place tomorrow, 20 February at 6:30 PM immediately following the Moleben to the Mother of God. All are welcome.
- **SOROKOUSTY COMMEMORATION** - As we have begun the 5 week preparation for the coming of Great Lent, as a reminder, we will celebrate the commemoration of the deceased on the five designated Sorokousty Saturdays. if you wish to have Father Richard commemorate your deceased family members, please utilize the Sorokousty envelope available in the breezeway and place it in the collection basket with your regular offering.
- **MONTHLY PRAYER SERVICE FOR THOSE SUFFERING WITH CANCER AND OTHER ILLNESS** - The next special monthly prayer service for those suffering with cancer and other illness, to the Mother of God “Queen of All” will take place this ***Monday; 20 February***. If you would like to remember anyone in prayer, please submit their names on the list available in the Chapel and deposit it in the chapel near the icon of the Mother of God, Queen of All. Donations can also be placed in the same receptacle.
- **ENGLISH AS A SECOND LANGUAGE CLASSES** - Classes continue every Saturday at 10 AM. Our own choir director, John Koretski leads the class. Anyone interested is welcome.
- **Adult Ukrainian Language Classes** - Classes continue every Thursday at 6 PM. Mr. Ihor Mirchuk is the instructor. Anyone interested is welcome.

## Today’s Liturgical Propers

*(at the Divine Liturgy)*

**Tone 3 Troparion**      *(Resurrection)*

Let the heavens rejoice!  
 Let the earth be glad!  
 For the Lord has shown strength with His arm.  
 He has trampled down death by death.  
 He has become the first born of the dead.  
 He has delivered us from the depths of hell,  
 and has granted to the world//  
great mercy.

**Tone 1 Kontakion**      *(from the Lenten Triodion)*

When You, O God, shall come to earth with glory,  
 all things shall tremble,  
 and the river of fire shall flow before Your judgment seat;  
 the books shall be opened, and the hidden things disclosed;

then deliver me from the unquenchable fire, //  
and make me worthy to stand at Your right hand, O Righteous Judge!

**Tone 3 Parish Theotokian**

Today the Virgin stands in the church, / and with hosts of Saints invisibly prays to God for us. /  
Angels worship with Hierarchs, / and Apostles rejoice with Prophets, / for the Birth-Giver of God prays  
for us/ to the Pre-eternal God.

**Tone 3 Prokeimenon** *(from the Lenten Triodion)*

Great is our Lord, and abundant in power, / His understanding is beyond measure. *(Ps. 146:5)*

*V. Praise the Lord! For it is good to sing praises to our God! (Ps. 146:1)*

**Epistle**

1 Corinthians 8:8-9:2

**Tone 8**

Alleluia, Alleluia, Alleluia!

*V. Come, let us rejoice in the Lord! Let us make a joyful noise to God our  
Savior! (Ps. 94:1)*

*V. Let us come before His presence with thanksgiving; let us make a joyful noise to Him with  
songs of praise. (Ps. 94:2)*

**Gospel**

Matthew 25:31-46

**Communion Hymn**

Praise the Lord from the heavens, praise Him in the highest! *(Ps. 148:1)*

Alleluia, Alleluia, Alleluia!

---

LET'S PRAYERFULLY  
HONOR THE VICTIMS  
OF THE WAR IN UKRAINE

ОДИН РІК ПІЗНІШЕ  
02/24/2022 - 02/24/2023  
ONE YEAR LATER

ВШАНУЙМО З МОЛИТВОЮ  
ЖЕРТВИ ВІЙНИ В УКРАЇНІ

**FEBRUARY 23 ЛЮТОГО  
2023**

8PM - Ukrainian Cultural  
Center of the UOC of the USA

20:00 - Український Дім  
Культури Духовного  
Осередку УПЦ США

135 Davidson Ave  
Somerset, NJ 08873

=====

### The Five Saturdays of the Deceased (Sorokousty)



Every year the Church Typikon designates five Sorokousty/ Saturdays of the Deceased during Great Lent. In addition the first Saturday for this purpose actually occurs before Great Lent on the Saturday before the reading of the Gospel of the Last Judgement. For 2023 these Saturdays are February 18th; March 8th, 18th, and 25th; and April 1st. It is a tradition of our Holy Church to commemorate the memories of our beloved deceased at Divine Liturgy on these five Saturdays of the year. Please utilize the Sorokousty envelope available in the breezeway, and either place it in the collection basket with your regular offering or send it into the church through regular mail. **NOTE: If you have additional names to be remembered, you may print them on a separate sheet of paper and include it in the envelope. PLEASE ONLY LIST FIRST NAMES!**

## **A Word Regarding Fasting and Abstinence from Foods as We Approach Great Lent.**

Many times parishioners raise the question of their pastor: What the rules laws of the Orthodox Church for parishioners regarding fasting? As we approach Great Lent, it is a good idea we address this subject and try to answer this question.

The Orthodox Church approaches the rules of fasting a little different than the Catholic Church in that there are rules are which “applied to each individually,” as opposed to “making and enforcing” a general rule for all. We find the “standard” or “full” form of fasting in the *Typicon*, the book of liturgical directives and prescriptions. However, this what is followed in *monasteries*, where life is centered around prayer and lived communally. The circumstances of life of Orthodox Christians living outside monasteries is quite different, therefore, the Church is understanding and merciful and does not expect the same for non-monastics. Therefore, while encouraging all to strive for perfection and as strict an observance of fasting for parishioners as possible, the Church, instead allows mitigations of the “general rule,” and encourages individuals to work out a “personal practice” with one’s Father Confessor. In short, one should fast and abstain as strictly as one is able. That being said, there are some general standards that in our parish we can all adopt.

First, we need to address some terminology: *Abstinence* - means abstaining from certain foods, e.g. meat (including poultry), dairy products (including eggs), fish, shellfish, and even olive oil. Abstinence from ALL these foods, is what is prescribed in the *Typicon* and this is what would be followed in monasteries. No one expects that in the outside world. *Fasting* - means eating only one meal during the day, usually in the evening. In the monasteries, this would be the practice every day during Great Lent except Saturdays and Sundays. The term “*fasting*,” for those of us outside the monastery, can be interpreted as meaning *one full meal*, usually taken in the evening, and no “in between” snacking.

To be sure, there are those who fall into certain categories who are excused from fasting, and sometimes, even from abstinence. These would include:

- very young children (But even children should be taught by their parents gradual- ly the importance of fasting and abstinence.)
- the elderly (However, even the elderly who are in good health can fast and ab- stain to a certain degree.)

- those who are gravely ill
  - pregnant women
  - post-partum mothers
  - breast-feeding mothers
  - travelers (if travel time exceeds 8 hours)
  - those engaged in heavy labour
  - those who eat from the table of others
  - the poor who live from charity
- 
- In short. The general standard can be summed up as: If you can fast and abstain more strictly, then you should; if you cannot, then you shouldn't. The best way to figure out your personal rule of fasting is through discussion with your spiritual father in confession.  
This all being said, there are some general standards that we can adopt here in our own parish for Great Lent to be used as guidelines. In this we can use the practice used at St. Sophia Seminary can serve as a model.
- 
- First day of the Great Fast (Clean Monday) - All meat and dairy and foods that contain these ingredients should be followed. Fasting should also be followed.
  - The Rest of the First Week of the Great Fast – Abstention from meat and foods that contain these ingredients should be followed. Abstention from dairy and foods that contain these ingredients is encouraged.
  - All Wednesdays and Fridays of the Great Fast – Abstention from meat and foods that contain these ingredients should be followed. Abstention from dairy and foods that contain these ingredients should also be followed. (N.B. Abstention from meat and dairy and foods that contain these ingredients is encouraged on Mondays during Lent as well.)

- Saturdays and Sundays of the Great Fast - Fasting and Abstinence are always mitigated on Saturdays because this is the day of rest when God rested from His work of creation, the “first Sabbath,” and also the day that Christ “rested in the tomb,” from His work of salvation,” thus, observing the Sabbath. The same holds true on Sunday because of the Resurrection.
- Great and Holy Week - This week is not considered a part of the Great Fast but is rather a separate period of prayer, fasting and abstinence in preparation for Pascha (Easter). Abstention from meat and dairy and foods that contain these ingredients should be followed for the entire week. Wednesday and Great Friday, and even Saturday, should be followed as days of fasting.

A further word about fasting and abstinence: Whenever we deny ourselves certain foods, we do so in order to “feed our soul.” Fasting and abstinence should be accompanied by an increase in prayer. If we do this, we fortify our soul and the increase in prayer actually makes our physical fasting and abstinence easier. In addition to our abstinence from certain foods, we should “fast” from sinful deeds and words. Our fasting is of no profit to us if we continue in gossip, hateful words of others and other sinful actions. If we approach fasting with a serious attempt and heartfelt conviction, we can find it to be quite rewarding and our celebration of Pascha all the more fulfilling.