

Українська Православна Катедра Покрови Пресвятої Богородиці

St. Mary Ukrainian Orthodox Church

Protection of the Most Holy  
Mother of God Cathedral



1031 Fullerton Ave.,  
Allentown, PA 18102

Rev. Richard Jendras, Pastor  
Rev. Deacon Alexis Clodfelter

Telephone 610-820-0821      Web: <http://pokrova-allentown.org>  
Email: [saintmaryuoc@gmail.com](mailto:saintmaryuoc@gmail.com).

**VOL. 6 No. 09**  
**02 MARCH 2025 - SUNDAY OF FORGIVENESS -CHEESEFARE SUNDAY**

*(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 6 Kontakion**      *(from the Lenten Triodion)*

O Master, Teacher of wisdom,  
Bestower of virtue,  
Who teach the thoughtless and protect the poor,  
strengthen and enlighten my heart!  
O Word of the Father,  
let me not restrain my mouth from crying to You:  
"Have mercy on me, a transgressor, //  
O merciful Lord!"

**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 8 Prokeimenon**

Pray and make your vows / before the Lord, our God! *(Ps. 75:10a)*

*V. In Judah God is known; His name is great in Israel. (Ps. 75:1)*

**Epistle**

(112) Romans 13:11-14:4

**Tone 6**

Alleluia, Alleluia, Alleluia!

*V. It is good to give thanks to the Lord, to sing praises to Your Name, O Most High. (Ps. 91:1)*

*V. To declare Your mercy in the morning, and Your truth by night. (Ps. 91:2a)*

**Gospel**

(17) Matthew 6:14-21

**Communion Hymn**

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

Alleluia, Alleluia, Alleluia!

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**Announcements**

**PRAY FOR UKRAINE! Moleben for Ukraine sponsored by the Brotherhood of Ukrainian Clergy in the Lehigh Valley continues regularly.. The next Moleben service will be this TUESDAY, 04 March, at 6:30 PM St. Josaphat Ukrainian Catholic Church Kenmore Ave. Bethlehem. We urge everyone to attend and PRAY FOR UKRAINE!**

**SPECIAL PRAYER SERVICE AND TOWN HALL MEETING—On Behalf of the Brotherhood of Ukrainian Clergy in the Lehigh Valley and the Ukrainian National Women's League Branch 91, we would like to thank all who participated in this past week's commemoration and town hall meeting on the third anniversary of the full invasion of Ukraine by Russia. Special thanks to His Eminence Archbishop Daniel for leading the Moleben service and for his moving homily.**

We also thank the seminarians of St. Sophia Ukrainian Orthodox Theological Seminary in South Bound Brook, NJ for their melodious responses.

**ANNUAL PARISH MEETING- THE ANNUAL PARISH MEETING OF ST. MARY UKRAINIAN ORTHODOX CHURCH WILL TAKE PLACE TODAY IMMEDIATELY FOLLOWING DIVINE LITURGY. WE URGE ALL PARISHIONERS TO BE IN ATTENDANCE. ONLY THOSE PARISHIONERS IN GOOD STANDING, AS DEFINED BY THE PARISH BY-LAWS OF JULY 2024 (Article II Paragraph A Section 2), ARE ELIGIBLE TO VOTE.**

**URGENT NEED: UKRAINE - Ukraine is in desperate need of the following items: Winter weather clothing in ALL sizes: sweaters, sweatshirts, and sweatpants—bars of soap and shampoo (smaller bottles preferred), toothbrushes, and toothpaste. Household items are also needed: pots, pans, kitchen utensils, candles, small appliances such as toaster ovens, blenders, mixers, etc., and minor repair tools. In addition, wheelchairs, walkers, and canes are desperately needed for the increasing number of injured people. Please be generous. Ask your neighbors and friends to help. For more information contact Barbara Hutzalyuk.**

**INCLEMENT WEATHER NOTICE -** In case of inclement weather, we direct our parishioners to our parish website and Facebook page. Information on the cancellation or delay of scheduled services will be posted there as soon as possible. In addition, the same information will be announced on television channel 69 WFMZ.

**MARK THE DATE: 23 MARCH 2025 - 4 PM** Our young parishioner, Ryan Anderson, will present his compositional senior honors project, “*The Christ Passion*,” for a small chamber ensemble. This is the first of many concerts we hope to present through the St. Mary’s Concert Series at our church. Admission is free, but donations for the concert series will be warmly welcomed. Ryan would be greatly honored by the grace of your presence as he makes his debut to the greater Lehigh Valley as a rising composer and conductor.

**COFFEE SOCIAL: Today’s coffee hour is hosted by: PARISH BOARD.**

**Please pray for the sick and infirm of our Church: Fr. John Fencik, Fr. Oleh Hucul, Fr. Vasyl Dovgan, Fr. Mark Koczak, Tania Antoniewicz, Richard Antoniuk, Bohdan Baranczyk, Gloria Dunski, Marie Hinkley, Mary Kennedy, John Milinchik, Daniel Melnichek, Lyudmila Mischhenko, Michael Onushko, Nancy Onusko, Mary Ellen Mackiewicz, Dori Bochnak, Katheryn Solan, Mary Carol Bannon, Elsie Moroz, the Child of God Karina Strashinsky and the Child of God Johnny Walson. ++++++**

**FINANCIAL INFORMATION FOR THE MONTH. OF FEBRUARY 2025**

**Income: \$9093.**

**Expenses: \$8421.**

**Profit/Loss: \$672.**

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**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 occurs before Great Lent, the Saturday before the reading of the Gospel of the Last Judgment. For 2025, these Saturdays are **February 22, March 8, 15, 22, and 29.** 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 included in today’s bulletin 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!

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**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 gradually the importance of fasting and abstinence.), the elderly (However, even the elderly who are in good health can fast and abstain 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. =====

**Schedule for This Week**

**SUNDAY -02 March - FORGIVENESS SUNDAY (CHEESEFARE SUNDAY)**  
*Romans 13:11-14:4 Matthew 6:14-21*

**9:30 AM - DIVINE LITURGY**

**Monday, 03 March - The Holy Martyrs Eutropius, Cleonicus and Basiliscus**  
*Genesis 1:1-13 Proverbs 1:1-20*

9 AM - LENTEN HOURS  
 6 PM - GREAT CANON

**Tuesday; 04 March - The Venerable Gerasimus of the Jordan**  
*Genesis 1:14-23 Proverbs 1:20-33*

6:30 PM - MOLEBEN FOR THE PEACE AND STABILITY OF UKRAINE - **St. Josaphat Ukrainian Catholic Church Kenmore Ave. Bethlehem.** (Sponsored by the Brotherhood of Ukrainian Clergy of the Lehigh Valley)

**Wednesday, 05 March - The Holy Martyrs Conon and Oneisius of Isauria**  
*Genesis 1:24-2:3 Proverbs 2:1-22*

9 AM - LENTEN HOURS  
 6 PM - GREAT CANON

**Thursday, 06 March - The Holy 42 Martyrs of Ammoria in Phrygia**  
*Genesis 2:4-19 Proverbs 3:1-18*

**Friday, 07 March - The Holy Hieromartyrs of Cherson**  
*Genesis 2:20-3:20 Proverbs 3:19-34*

9 AM - LENTEN HOURS  
 4 PM - LITURGY OF THE PRESANCTIFIED GIFTS

**Saturday; 08 March - The Holy Theophylactus of Nicomedia**  
*Hebrews 1:1-12 Mark 2:23-3:5 6:1-13*

9 AM - DIVINE LITURGY  
 4 PM - VESPERS

**SUNDAY -09 March - FIRST SUNDAY OF GREAT LENT - Sunday of Orthodoxy**  
*Hebrews 11;24-26, 32-12:2 John 1:434-51*

**9:30 AM - DIVINE LITURGY**

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