

Українська Православна Катедра Покрови Пресвятої Богородиці  
**St. Mary Ukrainian Orthodox Church**  
**Protection of the Most Holy**  
**Mother of God Cathedral**



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**VOL. 6 No. 10**  
**09 MARCH 2025 - SUNDAY OF FORGIVENESS -CHEESEFARE SUNDAY**

*(at the Divine Liturgy)*

**Tone 4      Troparion      *(Resurrection)***

When the women disciples of the Lord  
learned from the angel the joyous message of Your Resurrection,  
they cast away the ancestral curse  
and elatedly told the apostles:  
“Death is overthrown!  
Christ God is risen,//  
granting the world great mercy!”

**Tone 2      Troparion      *(Sunday of Orthodoxy)***

We venerate Your most pure image, O Good One;  
and ask forgiveness of our transgressions, O Christ our God.  
Of Your own will You were pleased to ascend the Cross in the flesh  
and deliver Your creatures from bondage to the Enemy.  
Therefore with thankfulness we cry aloud to You:

“You have filled all with joy, O our Savior,//  
by coming to save the world.”

**Tone 4      Kontakion      *(Resurrection)***

My Savior and Redeemer  
as God rose from the tomb and delivered the earth-born from their chains.  
He has shattered the gates of hell,  
and as Master,//  
He has risen on the third day!

**Tone 8      Kontakion      *(Sunday of Orthodoxy)***

No one could describe the Word of the Father;  
but when He took flesh from you, O Birth-Giver of God, He accepted to be de-  
scribed,  
and restored the fallen image to its former state by uniting it to divine beauty.//  
We confess and proclaim our salvation in words and images.

**Tone 4      Prokeimenon      *(Song of the Fathers)***

Blessed are You, O Lord God of our fathers, / and praised and glorified is Your  
Name forever! *(Song of the three Holy Children, v. 3)*

**V. For You are just in all that You have done for us! (v. 4)**

**Epistle**  
(329-ctr) Hebrews 11:24-26; 32-12:2

**Tone 4**  
Alleluia, Alleluia, Alleluia!

**V. Moses and Aaron were among His priests; Samuel also was among those who  
called on His Name. (Ps. 98:6)**

V. They called to the Lord and He answered them. (Ps. 98:7a)

**Tone 4**

V. Make a joyful noise to God, all the earth! Sing of His name, give to Him glorious praise! (Ps. 65:1)

**Gospel**

(5) John 1:43-51

*(Instead of "It is truly meet...", we sing the following)*

**Hymn to the Birth-Giver of God**

All of creation rejoices in you, O Full of Grace:  
the assembly of angels and the race of men.  
O sanctified temple and spiritual paradise,  
the glory of virgins,  
from whom God was incarnate and became a Child –  
our God before the ages.  
He made your body into a throne,  
and your womb He made more spacious than the heavens.  
All of creation rejoices in you, O Full of Grace.  
Glory to you!

**Communion Hymn**

Praise the Lord from the heavens, praise Him in the highest! (Ps. 148:1)  
Rejoice in the Lord, O you righteous; praise befits the just! (Ps. 32:1)  
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 at **Holy Ghost Ukrainian Catholic Church Fourth St. West Easton**. We urge everyone to attend and **PRAY FOR UKRAINE!**

**INSTALLATION OF PARISH OFFICERS** - Today, during Divine Liturgy, the Installation of Parish Officers elected at last Sunday’s General Parish Meeting will occur. We are grateful for these individuals' willingness to serve God, our Church, and our parish. May the grace of the Holy Spirit guide them in their service. These individuals are as follows: President- Bohdan Zelechiwsky; Vice-President - John Koretski; Secretary- Hayden Arp; Treasurer - Svitlana Brazzo; Financial Secretary - Robin Bodnar; Auditors - John Onulack, Peter Fartuch, Scott Anderson

**VERY BRIEF MEETING OF THE SISTERHOOD WILL BE HELD TODAY IMMEDIATELY AFTER DIVINE LITURGY>**

**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.**

**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: **THE SISTERHOOD OF SAINT ANNA.**

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. +++++++

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

**Income: \$11975.**

**Expenses: \$14528.**

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**Profit/Loss: \$2553.**

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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 Judgement. 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 “fast-

ing,” 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 Abstention 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.

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**Schedule for This Week**

**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**

**Monday, 10 March - The Holy Martyrs Codratus and his Companions**

*Isaiah 4:2-5:7 Genesis 3:21-4:7 Proverbs 3:34-4:22*

**Tuesday; 11 March - The Holy Sophronius, Patriarch of Jerusalem**

*Isaiah 5:7-16 Genesis 4:8-15 Proverbs 5:1-15*

6:30 PM - MOLEBEN FOR THE PEACE AND STABILITY OF UKRAINE - **Holy Ghost Ukrainian Catholic Church Fourth St. West Easton.** (Sponsored by the Brotherhood of Ukrainian Clergy of the Lehigh Valley)

**Wednesday, 12 March - The Holy Theophanes the Confessor**

*Isaiah 5:18-25. Genesis 4:16-26 Proverbs 5:15-6:3*

9 AM - LENTEN HOURS

6 PM - LITURGY OF THE PRESANCTIFIED GIFTS

**Thursday, 13 March - The Holy Nicephorus, Patriarch of Constantinople**

*Isaiah 6:1-12 Genesis 5:1-24 Proverbs 6:3-20*

**Friday, 14 March - The Venerable Benedict of Nursia/The Holy Theognostus, Metropolitan of Kyiv**

*Isaiah 7:1-14 Genesis 5:32-6:8. Proverbs 6:20-7:1*

9 AM - LENTEN HOURS

4 PM - AKAFIST TO THE PASSION OF CHRIST

**Saturday; 15 March - The Holy Martyrs Agapius and his Companions**

*Hebrews 3:12-16 Mark 1:35-44*

9 AM - DIVINE LITURGY with Sorokousty

4 PM - VESPERS

**SUNDAY -16 March - SECOND SUNDAY OF GREAT LENT - Sunday of St.**

**Gregory Palamas**

*Hebrews 11:10-2:3 Mark 2:1-12*

**9:30 AM - DIVINE LITURGY**

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