

Українська Православна Катедра Покрови Пресвятої Богородиці

St. Mary Ukrainian Orthodox Church

Protection of the Most Holy

Mother of God Cathedral

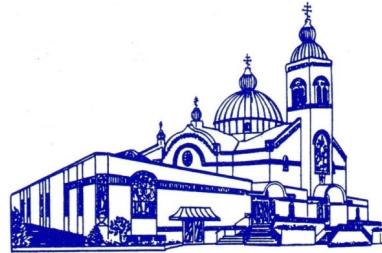
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17 MARCH, 2024 - SUNDAY OF FORGIVENESS - CHEESEFARE SUNDAY

Today's Liturgical Propers

Tone 8 Troparion *(Resurrection)*

You descended from on high, O Merciful One!
You accepted the three day burial to free us from our sufferings!//
O Lord, our Life and Resurrection, glory to You!

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 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!

Announcements

- **PRAY FOR UKRAINE!** - The Brotherhood of Ukrainian Clergy in the Lehigh sponsors weekly Moleben services for the peace and well-being of Ukraine.. **The next Moleben service will be this Tuesday; 19 March at 6:30 PM IN OUR OWN CHURCH.** We urge everyone to attend and PRAY FOR UKRAINE!
- **FORGIVENESS VESPERS** - Our parishioners are invited to join the parishioners of Assumption of the Virgin Mary Ukrainian Orthodox Church 1301 Newport Ave. Northampton for Forgiveness Vespers this evening at 5 PM. This a beautiful way to begin Great Lent and we urge all our parishioners to make every effort to attend.
- **PARISH BOARD MEETING** - The regular monthly Parish Board Meeting will take place tomorrow evening at 6:30 PM following the Great Canon. All Parish Board members are urged to attend.
- **SPECIAL COLLECTION:** The parish of St. Mary Protectress Ukrainian Orthodox Church in San Diego, CA has recently become a victim of major flooding. These California floods have caused destruction and devastation to the parish property. The church, parish social hall, and rectory have become virtually unusable. Today, and next Sunday, we will have a second collection at the end of Divine Liturgy at the veneration of the Cross to help this parish rebuild. We ask our parishioners to be generous.

- **ANNUAL GENERAL PARISH MEETING:** The Annual General Parish Meeting for 2024 will take place on Sunday; 07 April 2024 immediately following Divine Liturgy. As per our current By-Laws (2017), Article V Paragraph B Section 1 - "...Only members in good standing, (active members), i.e., those who fulfill all their obligations to the Church, shall participate in a meeting and have the right to vote." Further, members in good standing are defined in Article III Paragraph A. Among the requirements listed there are going to confession and partaking of Holy Communion and being current with financial obligations to the church. For further information, please check your copy of the parish by-laws.
- **PRAYER BOOKS AND MEMORIAL BOOKS AVAILABLE** - Recently a number of people have requested prayer books for their personal use. We have also had requests for the small memorial books wherein the names of deceased loved ones, as well as the living for whom we wish to pray, can be written and submitted to the priest. We are happy to announce we now have a supply of both. Please see Robin Bodnar in the office to purchase.
- **READER SCHEDULE:**

<u>DATE</u>	<u>HOURS</u>	<u>EPISTLE</u>
03-17.	Dennis Ritter	Bob Noecker
03-24	Rich Bodnar	Hayden Arp
03-31	Dennis Ritter	Robin Bodnar
- **COFFEE SOCIAL:** *Today's coffee hour is hosted by THE CHOIR.*
- **Please pray for the sick and infirm of our Church: Fr. John Fencik, Fr. Yakiw Norton, Fr. Oleh Hucul, Fr. Vasyl Dovgan, Fr. Ivan Levitsky, Fr. Bohdan Heleta, Fr. Roman Mirchuk, Tania Antoniewicz, Richard Antoniuk, Bohdan Baranczyk, John Chorney, Gloria Dunski, Marie Hinkley, Daniel Milinichuk, Maria Onulack, Michael Onushko, Nancy Onusko, Mary Ellen Mackiewicz, William Radio, Dori Bochnak, Katheryn Solan, Elsie Moroz, Child of God Karina Strashinsky and the Child of God Johnny Walson.**

Schedule for this Week

SUNDAY -17 March - SUNDAY OF FORGIVENESS (CHEESEFARE SUNDAY)

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

9:30 AM - DIVINE LITURGY

5 PM - FORGIVENESS VESPERS (Beginning of Great Lent) at Assumption of the Virgin Mary Parish, Northampton

Monday; 18 March - The Holy Martyr Conon of Isauria (Clean Monday)

Isaiah 1:19-2:3 Genesis 1:14-23 Proverbs 1:20-33

9 AM - LENTEN HOURS

5:45 PM - GREAT CANON OF ST. ANDREW OF CRETE

6:30 PM - *Parish Board Meeting*

Tuesday; 19 March - The 42 Martyrs of Ammoria in Phrygia

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 - **at OUR OWN CHURCH** (*Sponsored by the Brotherhood of Ukrainian Clergy of the Lehigh Valley*)

Wednesday; 20 March - The Holy Martyrs of Cherson

Isaiah 2:3-11 Genesis 1:24-2:3 Proverbs 2:1-22

9 AM - LENTEN HOURS

4 PM - PRESANCTIFIED LITURGY

Thursday; 21 March - The Venerable Theophylactus, Bishop of Nicomedia

Isaiah 2:3-11 Genesis 1:24-2:3 Proverbs 2:1-22

Friday; 22 March - The Holy 40 Martyrs of Sebaste

Isaiah 3:1-14 Genesis 2:20-3:20 Proverbs 3:19-34

9 AM - LENTEN HOURS

Saturday; 23 March - The Holy and Great Martyr Theodore of Tyre

Hebrews 1:1-12 Mark 2:23-3:5

9 AM - DIVINE LITURGY

5 PM - GREAT VESPERS (followed by Holy Confession)

SUNDAY - 24 March - FIRST SUNDAY OF GREAT LENT - SUNDAY OF. ORTHODOXY

Hebrews 11:24-26, 11:32-12:2 John 1:43-51

9:30 AM - DIVINE LITURGY

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 2024 these Saturdays are **March 9th; March 30th, 18th, April 6th and April 13th**. 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!

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 labor, 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.