

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

Telephone 610-820-0821

Web: <http://pokrova-allentown.org>

Email: saintmaryuoc@gmail.com.

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24 MARCH. 2024 - FIRST SUNDAY OF GREAT LENT - SUNDAY OF ORTHODOXY

Tone 1 Troparion *(Resurrection)*

When the stone had been sealed by the Jews,
while the soldiers were guarding Your most pure body,
You rose on the third day, O Savior,
granting life to the world.
The powers of heaven therefore cried to You, O Giver of Life:
“Glory to Your Resurrection, O Christ!
Glory to Your Kingdom!//
Glory to Your dispensation, O Lover of mankind!”

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 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 described,
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)*

Gospel

(5) John 1:43-51

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!

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; 26 March at 6:30 PM at St. Josaphat Ukrainian Catholic Church Kenmore Ave. Bethlehem.*** We urge everyone to attend and PRAY FOR UKRAINE!

- **PARISH BOARD MEETING RESCHEDULED** - The regular monthly Parish Board Meeting has been rescheduled will take place tomorrow evening at 6:30 PM following Lenten Vespers. 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 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 we will have a final 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.
- **SISTERHOOD MEETING:** On Sunday, 14 April, there will be a meeting of the Sisterhood of St. Anna after Divine Liturgy. All ladies of the Sisterhood are urged to be present.
- **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 name of deceased love 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:**

DATE	HOURS	EPISTLE
03-24	Rich Bodnar	Hayden Arp
03-31	Dennis Ritter	Robin Bodnar
- **COFFEE SOCIAL:** *Today's coffee hour is hosted by; NO COFFEE HOUR TODAY.*
- **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 Milinichek, 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 - 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

Monday; 25 March - The Venerable Theophanes the Confessor

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

5:45 PM - LENTEN HOURS

6:30 PM - Parish Board Meeting

Tuesday; 26 March - Translation of the relics of St. Nicephorus the Confessor

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

6:30 PM - MOLEBEN TO THE MOTHER OF GOD 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; 27 March - The Venerable Benedict of Nursia

Isaiah 5:16-25 Genesis 4:16-26 Proverbs 5:15-6:4

9 AM - LENTEN HOURS

4 PM - PRESANCTIFIED LITURGY

Thursday; 28 March - The Holy Martyrs Agapius and others at Caesarea in Palestine

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

Friday; 29 March - The Holy Martyr Sabinas of Hermapolis

Isaiah 7:1-15 Genesis 5:32-6:8 Proverbs 6:20-7:1

9 AM - LENTEN HOURS

6:30 PM - AKAFIST TO THE PASSION OF CHRIST (followed by Holy Confession)

Saturday; 30 March (MEMORIAL SATURDAY)- The Venerable Alexis the Man of God/The Holy Patrick, Bishop of Armagh and Enlightener of Ireland

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

9 AM - DIVINE LITURGY with SOROKOUSTY (Remembrance of the Dead)

5 PM - GREAT VESPERS (followed by Holy Confession)

SUNDAY - 31 March - SECOND SUNDAY OF GREAT LENT - SUNDAY OF. ST. GREGORY PALAMAS

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

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 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



Join us for the Prayerful
Commemoration of the
Second Anniversary of

RUSSIA'S GENOCIDAL WAR IN UKRAINE

on the Day of Resistance to the
Russian occupation of Crimea
and the city of Sevastopol

**26 FEBRUARY
2024**

7pm

UKRAINIAN CULTURAL CENTER
135 Davidson Ave.
Somerset, NJ 08873

ORGANIZED BY THE UKRAINIAN ORTHODOX CHURCH OF THE USA



Ukrainian
National
Women's League
of America
Branch 91



UNITED with UKRAINE



25 Feb. 2024
At 4:00PM



**St. Mary's Ukrainian
Orthodox Church**

1031 Fullerton Ave, Allentown, PA 18107

TOWNHALL MEETING

Please support Ukraine with your presence at a Prayer Service and Townhall Meeting marking the 2nd anniversary of the full scale war on Ukraine by Russia.

Prayer service to be held at 4pm at St. Mary's Ukrainian Orthodox Church in Allentown, PA.

Immediately following the prayer service there will be a Townhall meeting with honored invited guests:

SCHEDULE OF EVENTS

- US Congresswoman Susan Wild and US Senator Bob Casey are strong supporters of Ukraine and will shed light on the current status of support for Ukraine in the US Congress.
- Khrystyna Hayovvshyn will speak on behalf of the Permanent Mission of Ukraine to the United Nations.
- Following the presentations there will be a Q & A.



US Senator
Bob Casey



Deputy Permanent Representative of
the Permanent Mission of Ukraine to the
United Nations
Khrystyna Hayovvshyn



US Congresswoman
Susan Wild



Please submit your questions for
branch91@unwla.org

Please support Ukraine with your
donations at the event.



fulfilling.