

DIVINE LITURGIES FOR THIS WEEK

2nd Sunday of the Great Fast, February 28, 20219:00 AM - Lit. + Roman & Irene Ambrozewycz
r/by Roman & Cathy

11:30 AM - Lit. God's Blessings on Our Parishioners

Tuesday, March 2, 2021

6:30 PM - Stations of the Cross, English

Wednesday, March 3, 2021

6:30 PM - Stations of the Cross, Ukrainian

Friday, March 5, 2021

6:30 PM - Liturgy of the Pre-Sanctified Gifts

Saturday, March 6, 2021

9:00 AM - Divine Liturgy and Lenten Commemoration

5:00 PM - Lit. + Larry Ginda r/by Kathy Ginda

3rd Sunday of the Great Fast, March 7, 2021**Veneration of the Cross***Epistle - Heb 4:14-5:6; Gospel - Mk 8:34-9:1*

9:00 AM - Lit. God's Blessings on Our Parishioners

11:30 AM - Lit. + Hutnick, Kataryniak Families - Legate

Important Safety Reminders

As we remain open for in-person worship, it is very important that we continue to observe recommended safety measures.

- If you attend services, please wear a mask that covers both your nose and mouth at all times.
- After each person has received, the Communion spoon is sanitized in a vessel containing an alcohol product [75% alcohol] which is drinkable, to encourage participation in the Eucharist.
- We are profoundly thankful to God that, despite challenges related to Covid-19, parish life continues: with Baptisms, Weddings, Liturgies, various services, in-person.

Thank you in advance for helping us maintain a safe environment for our attendees, especially the most vulnerable.

Memorial Donations**Church:****In Memory of + JOSEPH W. YURECHKO**

\$50.00 - Sharon & George Blyskun

Bishop Gabro School Endowment Fund:**In Memory of + EDWARD BISHOP**

\$100.00 - Rozania & Joe

\$50.00 - Kathy Huaman

\$50.00 - Alberta & Mike Cheney

\$50.00 - Carol & Mike Vedral

\$25.00 - Marianne & Joe Kehoe

\$25.00 - Carmen Colon

\$20.00 - Dr. Nadia Worobij

Pyrohy Sale!

We will be selling pyrohy (from Passiac parish) in the church hall following this week's Saturday 5 pm and Sunday 9 and 11:30 am liturgies. Only potato pyrohy are left for \$8.00. Once they are sold, we won't be selling more during Lent. Thanks to all who purchased them and helped us raise for over \$600 for our parish.

Easter Cookie Sale

Branch 135 of UNWLA is doing a home made Easter cookie sale to support the orphanage in Kolomyia and children of the fallen soldiers in Ukraine.

Besides we have children Easter gift baskets full of sweets, toys and colourful seasonal decorations for your little ones. Please place your order by March 25th. Price of one cookie box or one gift basket - \$25. Please contact: Nadia - 732-877-9814 or Lusia - 201-233-723

Happy Birthday Pastor

Fr. Ivan, as you celebrate today your 44th birthday, may God shower you with grace and more blessings!

Holy Name Society

We will have a short meeting on Tuesday, March 2nd, after 6:30 pm Stations of the Cross service.

School News

Did someone say new windows?! This week, ACS replaced two student's bathroom windows, a very large nurse's office window and the teacher's bathroom window. The construction team worked long hours and truly could not believe how well built our building is. This almost \$12,000 project was planned for in the summer and finally was approved and completed. We are proud to say that ACS allocates and plans how to spend all monies provided through NJ Board of Education Security funding and just wait until we install our next set of security cameras.

ASK PASTOR: Why do Byzantine Catholics begin Lent two days earlier than Roman Catholics?

The answer is that the period of paschal preparation is structured very differently in the two traditions. Byzantine Catholics have two fasting periods in preparation for Pascha (Easter). The first 40-day period, called the Great Fast, begins seven Mondays before Pascha Sunday and ends the Friday before Lazarus Saturday (the day before Palm Sunday). This period includes Sundays, which explains why there is only a mitigation for wine and oil on Sundays and special feast days in the traditional fast. Byzantine Catholics then celebrate a second intense fasting period, from Holy Monday to the Divine Liturgy of Pascha Sunday. Traditionally, during the weekend between the two fasting periods, namely Lazarus Saturday and Palm Sunday, meat and dairy are allowed. By contrast, the Roman Catholic Church has a single 40-day fasting period from Ash Wednesday to Holy Saturday, the day before Easter. There are actually 46 days in this period, but Sundays are counted as "an island in the fast" and not included in the 40 days.

Spiritual Regulations for the Great Fast (Lent)

Although our Church traditionally prescribed abstinence from meat and dairy products in days gone by for the entire duration of the Great Fast, the following are the minimal Lenten regulations today: Abstinence from meat and all dairy products on the First Day of the Great Fast and on Good Friday. Abstinence from meat only on all Fridays of the Great Fast as well as Holy Saturday. It is also traditional to abstain from meat on Wednesdays during the Great Fast. Reception of the Holy Mysteries of Reconciliation and Holy Eucharist during the period from the onset of Great Fast to the Wednesday before Ascension Thursday.

The Fasting and Abstinence regulations are not binding on persons 60 or older, the very poor, sick, nursing or pregnant women, children below the age of 14, and those who engage in physically very hard labor.

However, all are urged, if able to do so, to observe the fasting and abstinence regulations. All the faithful are urged to attend the Lenten services such as Stations of the Cross, the Pre-Sanctified Liturgy and the Commemoration of the Deceased (Sorokousty). Such good deeds as almsgiving, visitation of the sick, Bible reading and praying for vocations to the priesthood and religious life are most earnestly recommended to all the Faithful.

Great Fast Liturgical Guidelines

The weekdays of the Great Fast are aliturgical - meaning no Divine Liturgy, even for funerals, should be celebrated except for the Feast of the Annunciation. On Wednesdays and Fridays of the Great Fast, the Stations of the Cross and the most correctly the Liturgy of the Pre-Sanctified Gifts is to be celebrated. The Divine Liturgy of St. Basil the Great is to be celebrated for Sunday Liturgies during this time. During Holy Week, the Liturgy of the Pre-Sanctified Gifts is to be celebrated Monday, Tuesday and Wednesday. There is no Divine Liturgy celebrated on Good Friday and Holy Saturday. On Holy Thursday evening, Vespers with Divine Liturgy of St. Basil the Great should be celebrated. On Holy Saturday evening, Vespers with the Divine Liturgy of St. Basil the Great is to be celebrated.

Presanctified Liturgy.*(Each Friday during Great Lent)*

Come join us every Friday either in person or on LIVE STREAM on a facebook at 6:30 PM as we celebrate the Liturgy of the Pre-Sanctified Gifts.



СОРОКОУСТИ – ПОМИНАННЯ ПОМЕРЛИХ

У часі Великого Посту, який цього року розпочався у Понеділок 15 Лютого церква призначає окремі Суботи для поминання і молитви за померлих. Ці дні називаємо задушними і молимося Сорокоусти. Пам'ятайте що молитися за померлих родичів, близьких це є наш обов'язок і нашою молитвою ми допомагаємо їхнім душам перейти із чистилища до Небесного раю. Просимо подати конверт з церковного вестибюля разом з іменами померлих членів вашої родини. Ви можете написати імена ваших покійних на конверті і кинути цей конверт у кошик підчас недільної збірки або залишити у кошику на столику у вестибюлі. Відправи сорокоустів служаться кожної Суботи у часі Великого Посту о 9-год зранку.

Хресна Дорога.

Кожної Середи у часі посту у нашій церкві відправляється Хресна Дорога українською мовою о 6:30 вечора.

ЗАПРОШУЄМО НА БОЖЕСТВЕННУ ЛІТУРГІЮ НАПЕРЕД ОСВЯЧЕНИХ ДАРІВ

Кожної П'ятниці о 6:30 вечора.

Великоднє Печиво.

135-тий відділ СУА організовує випічку та продаж домашнього Великоднього печива. Усі зібрані кошти підуть на підтримку сиротинця у Коломиї та потребуючих дітей загиблих воїнів в Україні. Крім цього пропонуємо придбати подарунковий дитячий кошичок наповнений солодощами, іграшками та різноманітними пасхальними цікавинками. Союзянки прийматимуть замовлення до 25-го березня.

Вартість однієї пачки печива чи кошика - \$25.

Надія - 732-877-9814

Люся - 201-233-7230

Подяка

Хочимо подякувати союзнякам з 135-того відділу СУА, які пожертвували \$700 для хворого хлопчика Арсена.

Із заплученими очима.

Одного разу хлопець впізнав у перехожому свого вчителя з молодших класів. Він підійшов до старого і запитав:

– Ви мене не пам'ятаєте? Я був вашим учнем.

– Так, я пам'ятаю тебе третьокласником. І чим ти займаєшся зараз?

– Я викладаю. Ви так вплинули на мене, що мені теж захотілося виховувати юних учнів.

– Так? Дозволь мені поцікавитися, в чому ж виразився мій вплив?

– Ви насправді не пам'ятаєте? Дозвольте мені нагадати.

Одного разу мій однокласник прийшов в клас з красивим годинником на руці, який йому подарували батьки. Він їх зняв і поклав в ящик парти.

Я завжди мріяв мати такий годинник. Я не втримався і вирішив взяти його з цієї парти. Незабаром той хлопчик

підійшов до вас в сльозах і

поскаржився на крадіжку. Ви

– Ви мене не пам'ятаєте?

Я був вашим учнем.



обвели нас усіх поглядом і сказали: «Той, хто забрав годинник, що належать цьому хлопчику, має повернути його».

Мені стало дуже соромно, але мені не хотілося розлучатися з годинником, так що я не зізнався.

Ви попрямували до дверей, замкнули і веліли нам усім вишикуватися уздовж стіни, попередивши: «Я повинен перевірити всі ваші кишені за однієї умови, що ви всі закриєте очі».

Ми послушали, і я відчув, що це був найбільш ганебний момент в моєму недовгому житті.

Ви рухалися від учня до учня, від кишені до кишені. Коли ви дістали годинник з моєї кишені, ви продовжували рухатися до кінця ряду. Потім ви сказали: «Діти, все в порядку. Ви можете відкрити очі й повернутися до своїх парт».

Ви повернули годинник власнику і не сказали більше ні одного слова з приводу цього інциденту.

Ось в той день ви врятували мою честь і мою душу.

Ви не запламували мене як злодія, брехуна, нікчемну дитину. Ви навіть не спромоглися поговорити зі мною.

Згодом я зрозумів, чому. Тому що, як справжній учитель, ви не захотіли запламувати гідність юного, ще несформованого учня. Тому я став педагогом.

Обидва замовкли під враженням цієї історії.

Потім молодий педагог запитав:

– Коли ви мене побачили сьогодні, хіба не згадали про цей епізод?

Старий учитель відповів:

– Справа в тому, що я обстежував кишені теж з закритими очима...

Запитайте Священника ?

♦ *Як правильно ставити воскову свічку?*

Церковна свічка – це символ християнської любові, віри й молитви. Вогник запаленої свічки є прообразом палаючого любов'ю серця християнина до Бога і ближніх – любов'ю, яка запалює собою інші серця і спалює терня гріха. Цей вогник символізує також палаючу, живу віру християн у триєдиного Бога, і, одночасно, є символом гарячої молитви людини, яка, подібно вогнику свічки, тягнеться угору, до Бога.

Нещодавно із подивом дізнався про те, що деякі парафіяни із повною серйозністю вірять що «не можна» засвічувати свою свічку від іншої, бо тоді нібито на твою свічку «переходять» усі негаразди власника іншої. Так само, як і «не можна» засвічувати свічку від лампадки, бо «лампадки для Бога», або «не можна» засвічувати свічки сірниками чи запальничками, «не можна» свічки задмухувати, а лише гасити пальцями, «не можна» відходити, поки не згорить половина свічки, «не можна» дозволяти іншим людям засвічувати свої свічки від вашої та інші подібні забобони».

Люди добрі, свічка – це видимий символ молитовного звернення людини до Бога, і немає жодних обов'язкових правил про те, яким чином засвічувати свічку, куди і яку саме кількість їх треба ставити. «Головне для Бога – наше серце, в якому лунає молитва, народжуються наші помисли, та те, з якими думками ці свічки засвічуються. Будь-які забобони лише затьмарюють і перекручують істинну віру, а коли віра справжня, то для забобонів у серці віруючого місця немає. Недарма Священне Писання навчає: «За вірою вашою нехай буде вам» (Мф. 9: 29)»



Молитва святого Єфрема Сиріна.

(Під час Великого посту читаємо цю покайну і молитву з поклонами).

Господи і Владико життя мого! Духа лінивства, безнадійності, владолюбства і пустослів'я не дай мені. *(земний поклін)*

Духа чистоти, смиренності, терпеливості і любові даруй мені, рабу Твоєму. *(земний поклін)*

Так, Господи, Царю! Дай мені бачити гріхи мої і не осуджувати брата мого, бо Ти благословенний на віки віків. Амінь. *(земний поклін).*



Prostrations.

As you will notice, there are times during Lent when we are making the prostrations. If you are not able to make a prostration we encourage you to make a bow at the time when the prostrations are being made. Please, do not feel uncomfortable if you either physically can not or do not want to do this.

- **How to make prostrations:** Prostrations are less awkward and less physically taxing if made in the following manner. Keeping the feet together, bend slightly and fall "lightly" to the floor, onto the hands, positioning them at a comfortable distance in front of the knees (which touch the ground only after the hands) to allow one to spring back up to a standing position, after lightly touching the head to the floor. It takes very little practice to master this technique, which requires surprisingly little physical stamina. On those days when prostrations are not to be made (Sunday), they are replaced by bows at the waist (also known as metanoias) at the appropriate times.
- **How to make a bow at the waist:** After making a sign of the Cross, the knees are kept straight while the upper body bends from the waist, and the right hand is extended toward the ground as far as possible. At other times a simple bow of the head is called for, as, for example, when the priest blesses or when the chalice is brought out. We also make a simple bow with the sign of the Cross whenever we cross in front of the Royal Doors.

Prayer of St Ephraem the Syrian:

It is the main prayer accompanied with three prostrations that we have in the Liturgy of Pre-Sanctified Gifts.

- O Lord, and Master of my life, keep from me the spirit of indifference and discouragement, lust of power, and idle chatter. / Господи і Владико життя мого! Духа лінивства, небайдливості, властолюб'я і пустомовства віджени від мене. (**Prostration**)
- Instead, grant to me, Your servant, the spirit of wholeness of being, humblemindedness, patience, and love. / Духа чистоти, покори, терпеливості й любові даруй мені, слугі твогому. (**Prostration**)
- O Lord and King, grant me the grace to be aware of my sins and not to judge my brothers and sisters, for You are blessed, now and forever and ever. Amen. / Так, Господи, Царю! Дай мені бачити гріхи мої і не осуджувати брата мого, бо ти благословенний на віки вічні. Амінь. (**Prostration**)

Teacher leaves lasting impression.

One time a young man recognized a passerby as his elementary school teacher. The young man approached his former teacher and asked if the teacher remembered him.

The teacher responded, "Yes, I remember you as a third grader. What are you doing nowadays?"

The young man replied, "I am a teacher also. You had such a profound and everlasting impact on me that I too decided to teach younger children."

"Really!" the older teacher exclaimed. "Would you be so kind as to remind me how I influenced you?"

The young man said, "You honestly don't remember? Allow me to remind you. One day a classmate of mine came to school wearing a beautiful watch on his wrist given to him as a gift by his parents. My classmate took off his wristwatch and put it in a box in his desk. I had always dreamed of owning a special watch like that of my classmate! I could not refrain and decided to take the wristwatch from his desk. Shortly thereafter, my classmate, with tears in his eyes, approached you complaining about the theft of his watch.

You circled around the classroom and said that the student who took the wristwatch that belonged to the boy needed to return it to him. Next, you went to the classroom door, locked it, and ordered all of the children in your class to stand along the wall. You warned us that you would check the pockets of each student in the room under the one condition that each student had to close his/her eyes and keep them shut. We obeyed and I immediately felt this would be the most shameful and embarrassing moment of my entire short life. You moved from pocket to pocket, from student to student. Once you found the wristwatch in my pocket, you continued to move down the line until you checked the remaining pockets of everyone else standing in line.

Afterwards you announced, "Children, all is well. You may open your eyes and return to your desks." You returned the wristwatch to its rightful owner and never mentioned or spoke another word about this incident. Hence, on that day you saved my honor and my soul. You did not label me as a thief, a liar, and an insignificant child. You even managed to speak kindly to me. Subsequently I understand why. Because you were a real and considerate teacher, you did not want to tarnish the dignity of a young, unformed student. Because of this incident, I decided to become a teacher too."

For a moment the young man and his former teacher were both silent, impressed by this recollection. The young man asked his former teacher, "When you saw me today, did you not remember this event?"

The aged school teacher replied, "The fact is that while I searched the pockets of your classmates, I kept my eyes shut tightly too."



As a Ukrainian, this is 100% accurate!.



You know you were born Ukrainian or have become Ukrainian by association when:

1. Your knowledge of the Ukrainian language includes phrases such as "Slava Isusu Christu", "Christos Razhdayetsia", "Christos Voskres", "Ya ne znaiu", "Nu, yak tam?", "Diakuiu", "Na zdarovlia" and "Mnohaia Lita". Maybe even: "Nekhai tebe kachka kopne".
2. You call your grandmother "babusia", "babunia", "babtsia" or "baba" and your grandfather "dido" or "didus".
3. You know (or think you know) how to dance the Hopak and Kolomiyka, but you only do it at weddings or at a Malanka/New Year's dance after kicking back a few generous shots of horilka (Ukrainian vodka) or cognac.
3. When frustrated, you slap your forehead, shake your head, and say "To ne pravda" (it can't be true) or "Ya ne viryu" (I can't believe it).
4. It seems you're forever selling raffle tickets for some Ukrainian church or community center fundraiser.
5. You have at least one male relative named "Stefan," or "Vasyl" or "Bohdan", or "Taras" or "Roman" or "Vlodko."
6. One of your aunts is named Hannia, Olya, Tekla, Liuba, Nastia, Sofia, or Halya.
7. Your parents have at least one crucifix or icon mounted on a wall in their house with pussy-willows tucked behind it.
8. You must visit "Bozhyi Hrib" (Jesus's Grave) in your parish church on Good Friday or Holy Saturday.
9. You go to tserkva/church with you Easter basket to have your food blessed for the Sunday family Easter breakfast.
10. You have become accustomed to eating tsvikli/ horseradish and beetroots, with boiled eggs, kovbasa and ham.
11. You have your new house blessed when you first move in, and then yearly at Yordan (Epiphany/Jordan).
12. You get chills down your spine when you sing "Christos Voskres" (Christ is Risen) on Easter Sunday
13. Your family has a beautiful "Holy Supper" on Ukrainian Christmas Eve at which you share bread and honey, kiss everyone, sing "Boh Predvichniy" (God Eternal), and have a meatless 12-course dinner including kutya.
14. You always prefer rye bread to white.
15. You know the words to "Mnohaia Lita" (Many Years) and sing all the different versions of it at all birthday parties, weddings and celebrations.
16. You tear up whenever you hear "Vichnaya Pamiat'" sung at funerals.
17. At least one of your friends doesn't know when to stop drinking.
18. You have waited in line at a church kitchen to buy varenyky, borshch, or holubtsi.
19. Words like kovbasa, kapusta (cabbage), shkvarky (fried bacon bits) actually mean something to you.
20. No celebration is complete without Ukrainian freshly baked pastries such as khrustyky, pampushky and walnut tortes.
21. You actually know who St. Volodymyr the Great, Taras Shevchenko, and Volodymyr Palahniuk (Jack Pal-ance) were, and why they're important.
22. You have at least one relative who sings really well (or thinks he or she sings well) and plays the piano, violin, guitar, sopilka, tsymbaly or bandura.
23. You often wear your embroidered Ukrainian blouse or shirt for special occasions.
24. You have a young relative who dances with a Ukrainian Folk dance ensemble, and/or you danced yourself.
25. Your idea of "healthy" is boiled varenyky with butter, onions and shkvarky, holubtsi with tomato sauce, kovbasa, pickles, and solonyna (fat back spread on rye bread).
26. You have a bar in your house.
27. Your family always has an excuse to hold a "hostyna" (party) when someone gets married or has a baby or for any other very good reason.
28. Your older relatives collect "prayer cards" from funerals.
29. As a family, you often visit cemeteries to say a prayer for relatives, plant flowers and light votive candles.
30. People often have trouble pronouncing your surname.
31. You dislike it very much when someone calls you Russian.
32. When you visit, you never arrive empty-handed and when someone comes to your house you have enough food for the entire street.

Yes, I love being Ukrainian

