



**ST. PETER & ST. PAUL
UKRAINIAN CATHOLIC CHURCH
105 CLIFTON AVE
ANSONIA, CT 06401
Rectory Phone 203-734-3895
Church Hall 203-732-2414**



Leaders of the Apostles and teachers of the world, pray to the Master of all to grant peace to the world and great mercy to our souls.

Fr. Ed Cell 413-218-6404

February 5, 2023

Web Site: www.stspucc.org

Very Rev. Archpriest Edward Canon Young, Pastor

Sunday of the Prodigal Son Post-feast of the Encounter; The Holy Martyr Agatha 249-51

Epistle 1 CORINTHIANS 6: 12-20 GOSPEL: LUKE 15: 11-32 Tone: Sheet

DIVINE LITURGY SCHEDULE

WEEKDAYS: MONDAY–FRIDAY 10:00AM

SUNDAY: 8:30 AM (Ukr.) & 10:00 AM (Eng.)
Confessions are heard before each Divine Liturgy:

Sunday 8:00AM to 8:30AM and 9:30AM until 10:00AM

Religious Education – Saturday 10:00AM – 11:00AM

Sunday After 10:00 AM Divine Liturgy
Call Audrey Sokol 203-924-1184 for more information.

Preservation – Please use the form in church vestibule, mail it to the church or bring it to Michael Wysowski, Jr. or Fr. Edward Young or Robert Jaskilka.

Address or Name Change/New Phone Number – Please update your records. See Michael Wysowski, Jr. to update this info. Returned checks are subject to a **\$35.00 fee**.

Bulletin Notices – Notices for the bulletin must be **in writing** by Wednesday @6PM to be included in that week’s bulletin.

Parish Council meets every 3rd Wednesday of every month @7:15pm in the church hall.

Rectory Office Hours - Thursday 1:00 to 3:00 PM or by Appointment on other days

****Please Note ****

Mass Offerings, Sorokousty
Mother’s Day, Father’s Day

Checks must be made out to the Fr. Edward Young not the Church ! Thank You...

Baptism Arrangement for baptism is to be made personally at the Parish Office. Please call rectory for an appointment.

Marriage – Arrangements for marriage are to be made at least **6 months prior** to the Wedding date. Please call rectory for an appointment.

Sick Calls – To arrange for Sacraments for the elderly and sick at home, please call Parish Office Fr. Young at 203-734-3895, **Please advise the rectory of any hospitalization.**

In your Estate planning – Remember Sts. Peter & Paul Church in your will.

Stewardship - "As each one has received a gift, use it to serve one another as good stewards of God's varied grace" (1 Peter 4:10). All Catholics, should give generous support—time, money, prayers, and personal service according to their circumstances—to parish and diocesan programs and to the universal Church

Special Share in the Eucharist *– Bread & Wine offered for a week, month, or year. Donations: one week - \$20.00 Donors/intentions will be listed. Robert Jaskilka,

Michael Wysowski, Jr or Fr. Edward Young
Eternal Light *– offered to light for a week \$10.00.

Michael Wysowski, Jr. or Fr. Edward Young

Virgin Mary’s Lamp and Sacred Heart Lamp* also available for offering!

Offered to light for a week is 10.00, each. Robert Jaskilka Michael Wysowski, Jr. or Fr. Edward Young

All start on Monday to Sunday!

***Offering must be made when dates are reserved!**

A Welcome to St. Peter and St. Paul Parish to all who are worshipping with us today. If you are over twenty-one years of age and have not yet registered, have moved or will be moving, or have a new telephone number, **please fill out the form below**. Each household **must be registered** at St. Peter and St. Paul and every adult receives a set of stewardship envelopes. Registration also entails an annual dues to the parish. If a parishioner is not registered, it is difficult for church authorities to issue him or her a sponsor certificate, reference, or any other certification.


Name _____ Phone# _____ Email _____
Address _____ City _____
State _____ Zip _____

From. Today's Matins: Kontakion, Tone 3: Foolishly have I fled from Your glory, O Father,* wasting the wealth You gave me on vices.* Therefore, I offer You the words of the Prodigal:* Loving Father, I have sinned before You.* Take me, for I repent, and make me as one of Your hired hands.
Ikos: Every day our Savior teaches us with His own voice: let us therefore hearken to the Scriptures concerning the Prodigal who once again became wise, and with faith let us emulate the good example of his repentance. With humbleness of heart let us cry out to Him Who knows the hidden things of all: "We have sinned against You, O compassionate Father, and can never be worthy to be called Your children as we were before. But since You are by nature the Lover of mankind, accept me and make me as one of Your hired servants."

Bread and Wine Offering- None Offered

02/04	SATURDAY		No Liturgy
02/05	SUNDAY	8:30AM 10:00 AM	Pro Populo (For Parishioners) - За Всіх Парафіян +Bohdan Zalusky req. by Russ & Lucy Kuncik
02/06	MONDAY		Eparchial Retreat
02/07	TUESDAY		Eparchial Retreat
02/08	WEDNESDAY		Eparchial Retreat
02/09	THURSDAY		Eparchial Retreat
02/10	FRIDAY	6:00 PM	+Anna Kofla req. by M/M Wasyl Sembrat
02/11	SATURDAY	10:00AM	First All Souls Saturday Divine Liturgy offered for All the Faithfully departed followed by the reading of the names of our beloved Deceased
02/12	SUNDAY	8:30AM 10:00 AM	Pro Populo (For Parishioners) - За Всіх Парафіян +Szymon & Stefania Gebuza req. by Michael & Jolanta Kowal

ETERNAL LIGHT		<i>In loving memory of +Maria Pisarczyk by Wasyl & Jaroslawa Sembrat & Family</i>
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BLESSED VIRGIN MARY LAMP		<i>In loving memory of +Peter Lypen by Luba Lypen & Family</i>
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SACRED HEART OF JESUS LAMP		<i>Good Health & God's Blessing Alexis Shaub by Jennifer Walker</i>
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BREAD & WINE OFFERING RESERVED DATES None Offered	ETERNAL LIGHT LAMP OFFERING RESERVED DATES 4/10/23-4/16/23 5/1/23-5/7/23 8/14/23-8/20/23 9/4/23-9/10/23 12/25/23-12/31/23	BLESSED VIRGIN MARY LAMP OFFERING RESERVED DATES 3/6/23-3/12/23 5/8/23-5/14/23	SACRED HEART OF JESUS LAMP OFFERING RESERVED DATES 2/13/23-2/19/23 2/20/23-2/26/23
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During Lent & every Sunday dues current & past will be collected in the church hall after 8:30 AM & 10AM Sunday Liturgies.

Please bring your dues book to the **church hall** dues will not be collected in the rectory

Back on January 25, 2005 the Parish Council voted to increase the yearly dues to \$75.00 per member. This is the first increase since 1998. The number of upcoming projects that are needed to keep the church building in good repairs, such as painting, doors, walls, fixing the roof, warranted this increase. **Do not place dues in your weekly envelope offering!**

Please remember - this is not our church but YOUR church!

Please fulfill your responsibility to your Church!!

Friendly Reminder - 2023 & Past Church Dues are due during lent to support your church to pay our obligations to keep the church running such as salaries; electricity; oil ; gas; water ; and continual maintenance; repair of the church, rectory and cemetery; insurance ; chancery fees; and telephone just to name a few.

2023 & Past Church Dues (Blue Book) (Kollekt)

The Eparchy of Stamford Clergy Retreat will be this week, February 6 thru 9, 2023 at the Mount Alvernia Retreat Center in Wappinger Falls, NY, will begin Monday and formally conclude after lunch on Thursday. Father Edward Young will be on retreat. If there is a great need to contact Father Edward please call his cell number which is 413-218-6404.

TODAY



Sunday, at 9:30 AM there will be the Recitation of the Holy Rosary of Blessed Virgin Mary, the Mother of God. One of the intentions for our prayers will be for our parish, and the needs for Ukraine. In this time of Foreign Invasion prayers are needed for we are hearing of the deaths of some many Soldiers and Civilians each day. Please Pray for USA and Ukraine in this time of Great NEED! God Save and Protect! **Боже спаси і О Хорони!**



ST. PETER & ST. PAUL UKRAINIAN CATHOLIC CHURCH

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PRAYER FOR OUR NATION Lord, we pray for peace and unity in our nation today. Keep us in peace, O Christ our God, under the protection of your Holy Cross; save us from our enemies, visible and invisible, that we may glorify You with thanksgiving, with the Father and the Holy Spirit, now and forever. We pray that You would inspire this nation to be a nation under God. Give us your hope. Give us your peace.

Amen The Light of God ~ surround us. The Love of God ~ enfold us.

The Power of God ~ protect us. The Presence of God ~ watch over us.

The Mind of God ~ Guide us. The Law of God ~ direct us.

Wherever we are God ~ be our strength.

PRAY FOR PEACE IN UKRAINE AND THE WORLD: MOST HOLY THEOTOKOS, THROUGH THE PRAYERS OF THE FAITHFUL, SPREAD YOUR OMOPHOR ~ WE IMPORE YOUR PROTECTION OVER UKRAINE AND BEG THAT YOU INTERCEDE WITH OUR LORD TO GRANT PEACE.



PRAYER FOR THE DELIVERANCE OF UKRAINE IN TIME OF INVASION: O Lord God of powers, and God of our salvation, O God, who alone work wonders: look down with mercy and compassion on Your humble servants, and out of love for mankind hearken and have mercy on us and on the land of Ukraine. For, behold, enemies have once more gathered together, in order to cause division and enmity. But You who know all things, understand that they have risen up righteously, and that it will be impossible to oppose their multitudes unless You show us Your help. Therefore, we who are sinful and unworthy pray unto You in repentance and with tears: Help us, O God, our Savior, and deliver the land of Ukraine for the sake of the glory of Your Name, that the enemy may not to say: *"Their God has forsaken them, and there is none to deliver and save them."* But let every nation understand that You are our God, and we Your people are always protected under Your dominion.



The 2023 calendars are here – ONE per family as long as they last:

The calendars were generously donated by John Zaleski of Wakelee Memorial Funeral Home

Thank you and mnohaya lita! The Calendars are near the Bulletins



The First All Souls Saturday will be 11 February 2023.

The names of our beloved deceased will be read after 10:00 AM Divine Liturgy
Перша Заупокійна субота Поминальна Субота, 11 лютого 2023 The First of
Saturday of the Dead, All Souls Saturday, before the Sunday of the Last Judgment
will be Saturday, 11 February 2023 The day before the Sunday of the Last Judgment
marks a commemoration of all those who have departed this life and Gone to their rest.
The other All Souls Saturdays will be February 11, March 4, 11 and 18 and then May 27,
2023. On these Saturdays will be Celebrate the Divine Liturgy for the Faithfully Departed
followed by the reading of the names of our beloved deceased. Please, if you have names
to add to your deceased list, please see that Father Edward has these names no later than
Sunday, February 5, 2023

GREAT LENT

THE JOURNEY TO PASCHA



LET US BEGIN THE FAST WITH
JOY! LET US PREPARE OURSELVES
FOR SPIRITUAL EFFORTS! LET
US PURIFY OUR SOULS AND
CLEANSE OUR FLESH! LET US
ABSTAIN FROM EVERY PASSION AS
WE ABSTAIN FROM FOOD! LET US
REJOICE IN VIRTUES OF THE SPIRIT
AND FULFIL THEM IN LOVE! THAT WE MAY
ALL SEE THE HOLY PASSION OF CHRIST OUR
GOD! AND REJOICE IN SPIRIT AT THE HOLY
PASCHA!

PARISH COUNCIL
Meeting
February 15th
2023



Monthly Meeting of St Peter & St Paul Board of Directors
Wednesday evening February 15th, 2023
@ 7:15 pm in the church hall
All Board members are requested to attend!!!!

ANNUAL PARISH CORPORATION MEETING Saint Peter & Saint Paul Ukrainian Catholic Church

is scheduled for **Sunday, February 19th, 2023**
in the church hall immediately following the 10 AM Divine Liturgy.
Snow date February 26th, 2023.

Coffee and Refreshments will be provided by the Holy Name Society!

ION BANK DONATIONS: Parishioners and friends who have a savings account at Ion Bank are encouraged to vote during the month of February thru March 17th, 2023 for **Saint Peter and Saint Paul Ukrainian Catholic Church**, so that our church would be able to receive a donation from the Ion Bank Foundation Community Awards Program. Ion Bank is a Connecticut Bank with a main office in Naugatuck and branches in Ansonia and Oxford.

If you have any questions call Ion Bank at 203-729-4442.

Copy into your browser: cap.ionbank.com/CAP/CAP.aspx

Page down to religion; page down to find St. Peter & St Paul Icon and enter your info to vote for our church.

SUNDAY OF THE PRODIGAL SON

EPISTLE - 1 CORINTHIANS 6: 12 - 20 **GOSPEL - LUKE 15: 11 – 32** TONE 2



Now just two weeks from the beginning of Great Fast/Lent, we are reminded today of who we are: beloved children of God who need to come to our senses and return to our loving, forgiving Father. No matter what we have done, no matter how we have diminished ourselves, no matter how broken we have made our relationship with God, He patiently awaits our return, runs to greet us, and welcomes us back into His family with joy and celebration. The parable of the Prodigal Son forms an exact icon of repentance at its different stages. Sin is exile, enslavement to strangers, hunger. Repentance is the return from exile to our true home; it is to receive back our inheritance and freedom in the Father's house. But repentance implies action: "I will rise up and go..." (v. 18). To repent is not just to feel dissatisfied, but to make a decision and to act upon it. In the words of our Lord, we also learn of three things through this parable: the condition of the sinner, the rule of repentance, and the greatness of God's compassion. The reading of this parable follows the Sunday of the Publican and the Pharisee so that, seeing in the person of the Prodigal Son our own sinful

condition, we might come to our senses and return to God through repentance. For those who have fallen into great despair over their sins thinking that there is no forgiveness, this parable offers hope. The Heavenly Father is patiently and lovingly waiting for our return. There is no sin that can overcome His love for us.

Finally, this parable offers us insight into the world in which we live. It is a world where the activities of people are disconnected and not ordered toward the fulfillment of God's divine purpose for life. It is a world of incoherent pursuits, of illusory strivings, of craving for foods and drinks that do not satisfy, a world where nothing ultimately makes sense, and a world engulfed in untruth, deceit, and sin. It is the exact opposite of the world as created by God and potentially recreated by his Son and Spirit. There is no cure for the evils of our age unless we return to God. The world in which we live is not a normal world, but a wasteland. This is why in the Slavic tradition of the Church the reading of Psalm 137 is added to the Matins service for this and the following two Sundays. This nostalgic lament of the Hebrew exiles states: "By the streams of Babylon we sat and wept as we remembered Zion. On the willows we hung our harps, for how could we sing the Lord's song in a strange land" (Psalm 137).

Here we can see the challenge of life in this world and the alienation from God that can happen when sin reigns in our lives. As a result of sin in our lives, we lose the joy of communion with God, we defile and lose our spiritual beauty, and we find ourselves far away from our real home, our real life. In true repentance, we realize this, and we express a deep desire to return, to recover what has been lost. On this day the Church reminds us of what we have abandoned and lost and beckons us to find the desire and power to return. Our Heavenly Father is waiting and ready to receive us with His loving forgiveness and His saving embrace.

The good news is that God did not create us for a joyless life of despair, but to share in the blessedness of His life. The eternal Son of God became one of us to heal our broken humanity and bring us into the joy of the Kingdom. We pray, fast, give alms, and forgive our enemies as ways of embracing His healing, of accepting His gracious transformation of our lives.

For the week that follows the Sunday of the Prodigal Son, fasting is recommended on Wednesday and Friday. This is the last week that meat is allowed on non-fasting days. The next Sunday (February 12) is the Sunday of the Last Judgment, also known as Meatfare Sunday. According to the fasting rules for the Great Fast/Lent, it is the last day that meat would be eaten prior to the fast of Great Lent.

Kontakion (Tone Three) *When I disobeyed in ignorance Thy fatherly glory, I wasted in iniquities the riches that Thou gives me. Wherefore, I cry to Thee with the voice of the prodigal son, saying, I have sinned before Thee, O compassionate Father, receive me repentant, and make me as one of Thy hired servants.*

CATECHISM - CHRIST OUR PASCHA - TODAY'S EPISTLE / GOSPEL LESSON :

HUMILITY/REPENTANCE: Page 254, Section 780—784

PRAYER: Page 259, Sections 805-807; Page 262, Section 817

MARK YOUR CALENDARS - FEBRUARY 24, 2023

On **February 24, 2023**, a day of fasting, prayer and almsgiving will be held in all Eparchies and Exarchates of the Ukrainian Greek Catholic Church throughout the world. Such an initiative was announced on behalf of the Synod of Bishops by His Beatitude Sviatoslav, Father and Head of the UGCC. On February 24, it will be one year since the beginning of the full-scale war that Russia unleashed against Ukraine. Accordingly, the whole Church will spend this day in fasting, prayer and doing works of mercy. On this day, at 12:00 Kyiv time, a 12-hour prayer marathon will begin on "**Live TV**", which will unite in prayer all the faithful on all continents. There are no separate prescriptions for fasting - it is about restrictions and self-discipline according to the capabilities of each believer.

**EVERYONE IS ASKED TO PARTICIPATE IN THIS INITIATIVE
FOR PEACE IN UKRAINE !**

Great Fast Ukrainian Catholic Church.

Great and Holy Fast

The 40 day preparation for the glorious feast of Pascha beginning on Clean Monday and ending on the day before Lazarus Saturday. Associated with this fast is the week of Cheesefare and the Great and Holy Week Fast, the weeklong fast leading up to the glorious feast of Pascha. It is the most ancient fast.

Because we did not fast we were banished from paradise.

So then let us fast so as to return back to paradise.

- St. Basil, On Fasting I

Although our time has brought with it many changes in church laws, traditions, and discipline, and the Second Vatican Council has relaxed the rules for fasting, including the Great Fast, nevertheless, the Forty Days Fast still has significance for our spiritual life. For various reasons, today we may be unable to fast in the same way as our ancestors did; yet even today we are obliged to a spiritual fast - that is, we are obliged to refrain from sin, and from giving in to our evil inclinations. We are also obliged to pray and to practice virtue and good deeds. In reality then, the most important goal of the Great Fast is our spiritual renewal.

We shall speak now about the purpose of the Great Fast as recorded in three different periods of history:

1. Apostolic Times

For the Apostles and First Christians, the day of the Jewish Pasch was a sorrowful day commemorating the death of Jesus Christ, therefore, they celebrated this day with prayer, contrition and fasting. This association of the Pasch with fasting lasted a long time. Even in the second century one may find the word "Pasch" used to denote "fasting". This practice seems to echo the time when the celebration of the death and resurrection of Jesus Christ took place on one and the same day. This association of the sad event of Christ's death with the joyful event of His resurrection has left its traces in our Great Saturday services in which the Lenten service is merged with the resurrection service.

2. The Paschal Fast and the Catechumenate

The third and fourth centuries witnessed the greatest flourishing of the catechumenate. Catechumens were those who were being prepared for the sacrament of Baptism. This preparation extended over a period of three years and terminated solemnly during the Great Fast. The concluding acts of this preparation were: the giving of a name to the catechumen at the beginning of the Great Fast, an exorcism of evil spirits which took place daily throughout the whole Lenten period, the last instructions in the truths of the holy faith, the final examination and then, the Baptism itself which took place on Great Saturday. Some of these acts were incorporated into the daily service. To become a Christian and a member of the Church through Baptism was regarded as an important event in the life of the newly-baptized and in the life of the Church. For this reason, this joyful event was usually celebrated on the great feasts of the Pasch (Resurrection), Pentecost or the Theophany. In the third century, the rite of baptism was associated above all with the feast of the Pasch. The catechumens prepared themselves for baptism by fasting and prayer. Under the influence of the catechumenate the pre-paschal fast was extended to forty days. As time went on, the rest of the faithful also began to observe this fast together with the catechumens. St. Justin the Martyr (+167) speaks about this custom of the faithful observing the fast together with the catechumens. He says that those who embraced the Christian faith "were taught to implore God by fasting and prayer for the forgiveness of past sins, and we pray and fast together with them" (Apol. 1,61).

3. The Great Fast - An Endeavor of Soul and Body

The institution of the catechumenate contributed not only to the extension of the Great Fast to forty days, but also to the fact that, in time, all the faithful adopted this fast so that it became the pre-paschal fast for the whole Church. Later, when the institution of the catechumenate lost some of its meaning, the Forty Days Fast became an independent ritual. Today, it is observed by the faithful as a time for special prayer, fasting and penance, and as a spiritual preparation for the feast of the Pasch (Resurrection). This attitude of the Church finds its most beautiful expression in our Lenten services, customs and practices. We shall mention certain ones here.

Lenten Services

The Lenten services differ from the ordinary church services in that they include more prayers, more psalms and more readings, especially from the Old Testament. During Lenten services the entire Psalter is read twice a week. Predominant throughout these services is the spirit of penance and sorrow for sins. The Lenten sticheras in Vespers and Matins either lament the fall of man into sin, summon us to penance and sorrow, extol the benefits of fasting and good works, or inspire us to master our senses and to practice virtue. "Let us fast in a manner pleasing and acceptable to God," says one of the stichera of the aposticha in the Vespers of the first Monday, "genuine fasting is alienating oneself from evil, restraining the tongue, putting aside hatred, parting company with concupiscence, falsehood and the breaking of oaths, - abstaining from all these things is real fasting." In the aposticha of Matins of the first Monday, we sing: "The fast has arrived, the mother of purity, the discoverer of sins, the preacher of penance, the companion of the Angels and the salvation of man: Let us, the faithful, cry out: O God, have mercy on us."

Lenten Pences and Prostrations

In the first centuries of Christianity the practice of public penance for various sins and offences prevailed in the Church. Following the wishes of the Church, many penitents performed their penance during the Great Fast. Just as the faithful adopted the Forty

Days Fast from the catechumens, so too, under the influence of Church discipline they began to regard themselves as penitents and to perform various penitential acts during the Great Fast. From this stems the profound penitential spirit of our Lenten services. Closely connected with our Lenten services are inclinations. These inclinations are made either by bowing from the waist or to the ground (the low, profound bow or prostration), and they are performed at all Lenten services from Monday through Friday. The prayer of St. Ephrem (+373) with accompanying prostrations merits special consideration. This prayer, repeated at every Lenten service, can be regarded the official Lenten penitential prayer of our Church, expressing, as it does, the whole content and purpose of the Great Fast. We give it here in its entirety:

O Lord and Master of my life, drive from me the
spirit of discouragement,
negligence, ambition and idle talk. (Prostration).

"Grant me, your servant, the spirit of chastity,
humility, patience and charity. (Prostration).

"Yes, my Lord and King, grant me to see my own
sins, and not judge my brother, for
you are blessed forever, and ever. Amen. (Prostration).

The Kievan Metropolitan George (1073) in his "Rules" for priests and laity prescribes for all the faithful to make three hundred prostrations daily (during the Forty Days Fast).

The Liturgy of the Presanctified Gifts

A typical Lenten service is the Liturgy of the Presanctified Gifts. Already in the first centuries there was a custom during the Forty Days Fast to omit the celebration of the Divine Liturgy because, at that time, it was still linked with agape, that is the love banquet, and this was not in keeping with the spirit of fasting. Furthermore, the Divine Liturgy was regarded as a joyful mystery; for this reason, its celebration was limited to Saturday and Sunday. On the other days of the week, to give the faithful an opportunity to receive Holy Communion, the Divine Liturgy was replaced by other services, from which the Liturgy of the Presanctified Gifts developed in time. Actually, this is not a Liturgy in the sense of the word, for it does not have the consecration of bread and wine; but rather, it is a Vespers service combined with the rite of Holy Communion, for which the bread was previously consecrated. Hence the name of Presanctified Gifts. The Council of Laodicea (c. 364) prescribed: "It is not permitted during the Great Fast to offer up the Bread (that is the Holy Liturgy), except on Saturday and Sunday" (rule 49). The Sixth Ecumenical Council of Trullo (691) decreed: "On all the days of the Great Fast, with the exception of Saturday and Sunday, and the feast of the Annunciation, the Liturgy of the Presanctified Gifts must be celebrated." (rule 52). When the zeal of the first Christians gradually began to diminish and the custom of daily and frequent Holy Communion was abandoned, the Great Fast became also the time of preparation for a worthy reception of Holy Communion on the feast of the Pasch.

Lenten Sermons

In former times, the faithful attended services even twice a day during the Great Fast. At these services, sermons were delivered. St. Basil the Great, during one week in Lent, delivered in nine homilies a series of beautiful discourses on the "Hexameron" that is, on the six days of the creation of the world. It was then that he preached twice a day, in the morning and in the evening. He has left us two beautiful discourses on the meaning and benefits of fasting.

Taken from: Katrij, OSBM, Julian, *A Byzantine Rite Liturgical Year* (Basilian Press: Toronto, 1992), pp 92-97. ©1992 Basilian Press, 265 Bering Avenue, Toronto, Ontario, Canada, M8Z 3A5 (416) 234-1212. Used with permission. **Particular days** : Wednesdays and Fridays Exaltation of the Holy Cross (September 14)

- Eve of the Nativity of Christ (December 24) Eve of the Theophany of Christ (January 5)
- Beheading of St. John the Baptist (August 29) **Exempt Times from Fasting**
- December 25 to January 4 Between the Sunday of the Publican and Pharisee and the Sunday of the Prodigal Son From Pascha to Thomas Sunday from Pentecost to the Sunday of All Saints

Fasting and Abstinence


We often use the word "fasting" to refer to both fasting and abstinence. There is a difference between the two. Abstinence refers to the practice of not eating certain types of food. For example, on Wednesdays and Fridays, we abstain from meat. Fasting refers to the amount of food we eat. As a general rule, when fasting, the main meal of the day should equal in quantity less than the two other meals through the day. The "rules" for fasting and abstinence should always be regarded as means to obtaining a greater goal. Bishop Kallistos has an excellent article entitled, "[On the Nature of Fasting](#)," and Subdeacon Adam DeVille (Eparchy of Toronto) offers an

excellent [Catechesis of Fasting](#). When practicing fasting and abstinence, it should always be done under the care of a spiritual father or mother or your parish priest. Ask them for assistance.

OUR JOURNEY TO PASCHA! 2023

Created by Fr. Jonathan Bannon (ACROD)

Adapted by Fr Vitalii Stashkevych (BCC) for the Gregorian Calendar

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week JANUARY 29 TH	 <i>TRIODION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 5 TH	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 12 TH FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare FEBRUARY 19 TH FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1 ST Sunday of Lent FEBRUARY 26 TH	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2 ND Sunday of Lent MARCH 5 TH	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3 RD Sunday of Lent MARCH 12 TH	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4 TH Sunday of Lent MARCH 19 TH	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5 TH Sunday of Lent MARCH 26 TH	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
PALM SUNDAY APRIL 2 ND GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 7 TH	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 9 TH NO FASTING!	 <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

<p>For your AD info, message Call 203-734-3895 or YoungE8073@aol.com</p>	<p>WAKELEE MEMORIAL FUNERAL HOME John S. Zaleski Director Virginia K. Hylwa Administrator 203.734.1490 <i>Parishioners Serving Parishioners Over 90 Yrs.</i></p> 	<p>For your AD info, message Call 203-734-3895 or YoungE8073@aol.com</p>  <p>JOIN SUMA F.C.U. & Save Big! Support Locally! Bank Near & Far!</p> <p>For all your financial needs - we are just a call, click or a text away 914.220.4900 memberservice@sumafcu.org or visit our New Haven or Stamford branches. We are open!</p>  <p>www.sumafcu.org</p>
<p>Support those who advertise in our bulletin!</p>		



CHURCH ENVELOPE 2023 PROBLEM

Thu, Jan 19, 12:52 PM (2 days ago)

Info @ Church Budget <info@churchbudget.com>

Robert,

We apologize if you have called and there was no answer and a voice mail message was left and unreturned. We are receiving a tremendous number of calls every day, voice mail messages being left every day, and emails. We are short staffed and we are not able to get every call answered, or returned. Responses to email are also getting a bit behind but moving faster than a return call. We apologize also for the following update as to the status of your order:

Your orders for January 2023 are still here being worked on. We apologize for the delay we have experienced some difficulties this year with the supply change in getting the rolls of paper, we had a few presses break down and getting the parts here to fix them took a long time, and also in extra hired help that we normally have no problem in hiring to help get the orders out the door. We are working 6 days a week 12-hours a day to try to get every order out. Every order we have is a priority and we will get them out to you as soon as we possibly can. Our goal is to have every order we have out in the month of January. We cannot tell you when in January and we do not want to tell you for sure that is 100% set in stone. It could possibly be a mid to late February delivery. Again, we apologize for the delay.

Thank you
Patty

UPDATE

As a result of the above problem on January 19th, 2023 there will be the **all of February** of envelopes to use, in to any unpicked up envelopes. You can find them in shoe boxes as you come in to church with 2023 envelope number and your name. All of the month of February the collection type is printed on it.

Scott Walker (10am) & Steve Strumello (8:30am) will be there to answer questions. I am hoping and praying they will come in before the end of this month of January 2023. Use these envelope with your new number and name and collection type printed on it. Thank You, be patient. God Bless Bob Jaskilka

FEBRUARY 2023 DONATIONS

FEB 05 2023	WEEKLY
FEB 05 2023	FUEL
FEB 05 2023	SOROKOUSTY
FEB 12 2023	WEEKLY
FEB 12 2023	COMMUNICATION ASSESSMENT
FEB 19 2023	WEEKLY
FEB 19 2023	CHURCH MAINT
FEB 19 2023	ANDREW'S PENCE
FEB 26 2023	WEEKLY
FEB 26 2023	CEMETERY MAINTENANCE