



**Thank you, Ladies in the kitchen,
for making varenyky every Friday.**

Pani Anna, and all who helped, thank you
for preparing prosphora dinner 2 weeks
ago, which gave us about \$800.00 profit.

I was chalanged by Taras for a match
and it was hard game.
Marta, the future champion looks on.

SAINT NICHOLAS
UKRAINIAN CATHOLIC CHURCH



УКРАЇНЬСЬКА КАТОЛИЦЬКА
ЦЕРКВА СВЯТОГО МИКОЛАЯ



Nº
06

ПІД ОПІКОЮ
ПРЕЧИСТОЇ ДІВИ
МАРІЇ ОДІГТРІЇ
UNDER THE
PROTECTION OF
MOTHER OF GOD



CHURCH BULLETIN

February 11 Лютого – 2018

ЦЕРКОВНИЙ ВІСНИК

МОЛИТВА ЗА ПОДРУЗЖА

Всемогутній і вічний Боже, Ти поблаго-
словив союз чоловіка і жінки, щоб ми ста-
ли образом єдності Хри-
ста з Його Церквою. Пог-
лянь на нас ласкаво, від-
нови наш шлюб. Обдаруй
нас своєю любов'ю та
зміцни наш союз в мирі,
щоб ми [з нашими діть-
ми], завжди втішалися дар-
ом твого благословення.
Бо Ти благий і Чоловіко-
любчець Бог наш, і ми Тобі
славу віддаємо, Отцю, і
Сину, і Святому Духові,
нині і повсякчас, і на віки
вічні. Амінь.

Благослови, Господи,
усі подружжя і подай їм
мирне життя, доброчесність, любов вза-
ємну в союзі миру, рід довговічний та нев'-
янучий вінець слави.

Благословення Господнє на Вас!

+Павло

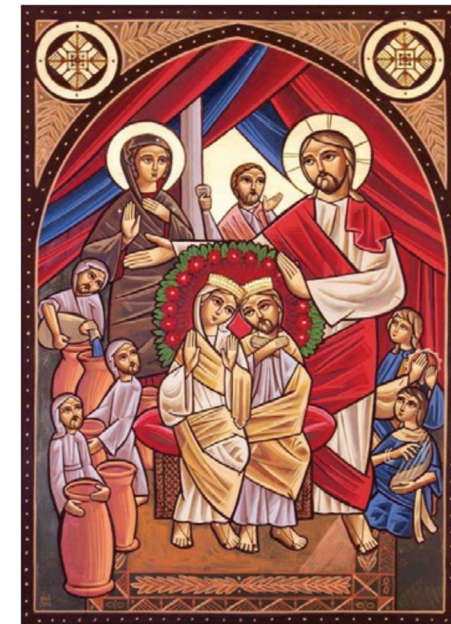
PRAYER FOR MARRIED COUPLES

Almighty and eternal God, You blessed the
union of husband and wife so that we might
reflect the union of Christ
with his Church: look with
kindness on us. Renew our
marriage covenant. In-
crease your love in us, and
strengthen our bond of
peace so that, [with our
children], we may always
rejoice in the gift of your
blessing. For are a merciful
and loving God and we give
glory to You, Father Son
and Holy Spirit, now and for
ever and ever. Amen

Bless the Lord, all the
marriage and grant them
peaceful life, integrity, mu-
tual love in the bond of peace, long life and
unfading crown of glory.

May the Blessing of the Lord
be upon You!

+Paul



CHURCH BULLETIN

February 11 Лютого 2018

ЦЕРКОВНИЙ ВІСНИК

LITURGICAL SCHEDULE



Saint Nicholas Church
Церква Св. Миколая
(Під Опікою П.Д.М.)

ПОР'ЯДОК СВ. ЛІТУРГІЙ

4:30 PM +Pawlo & Rozalia Nyznyk
(Mary Warren & Family)

Feb. 11: S. of Cheese Fare – Сиропусна

12:00 AM +Vasyl & Pelahia Kowalyk (Family)

Monday, February 12 Лютого, Понеділок
BEGINNING OF THE GREAT FAST
ПОЧАТОК ВЕЛИКОГО ПОСТУ

Tuesday, February 13 Лютого, Вівторок
Clergy retreat. Please, pray for us!

Священичи рекоілекції. Просимо о молитви!

Thursday, February 15 Лютого, Четвер
9:00 AM +Fred Marc (Paul & Donna Davidson)

Friday, February 16 Лютого, П'ятниця

10:00 AM Presanctified gifts–Пржедеосв. Дари
Молимося за +Олександру Грегу
(Прохання від Слави Грегга-Лонг)

Saturday, February 17 Лютого, Субота

9:30 AM +Mary Beth Sukman
(Ann Marie & Richard Piech)

4:30 PM +Stephanie Osadca – 40 day
(Marta Pereyma)

Feb. 17: 1 S. of Lent – 1 Н. Вел. Посту

12:00 AM For Beatification of
Patriarch Josyf Slipyj

Eternal Light burns
for all clergy for Retreat

Вічне Світло в Честь П.Д.М
Горить В нам. Ігора Гусака
(Парохіяни)

11 Лютого: Неділя М'ясопусна

10:00 AM +Ольга Басараб (СУА)

18 Лютого: Неділя Сиропусна

10:00 AM +Василь Марк (ОЧСУ і ОЖОЧСУ)

The Blessings of Homes

After I come back from Retreat if you still want
your house to be blessed, please call. Thanks!

Благословення домів

Коли повернуся з рекоілекцій, просимо по-
кликати, якщо хочете щоб ще зайти до вас з
благословенням дому. Дякую!

Многая Літа! Many Happy Years!

Birthday wishes to the following parishioners
who celebrate a birthday in February

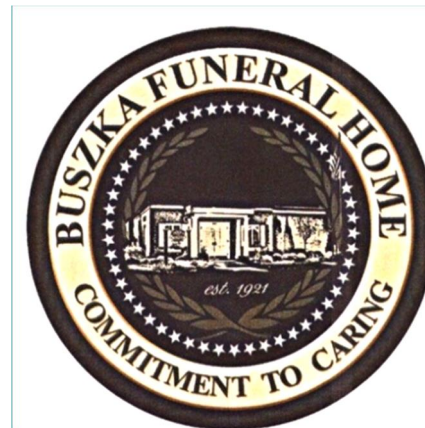
Vasyl Kurij 4
Gloria Grega Long 7
Andrew Pryshlak 8
Olena Bodnarskyj 8
Nadia Marc 10
Oksana Wisniewski 12
Christina Dietz 14
Maria Paszkowsky 16
Natalie Wisniewski 18
Volodymyr Fedak 19
Olena Czmola May 22
Natalie Stasiuk 23
Anna Kurij 23
Christina Rodrigues 23
Zorianna Armesto 28
And our Children:
Angel Rodrigues 12

→ If You need ←
Church Envelopes
Please call the rectory
At 852-7566

→ ЯКЩО ПОТРЕБУЄТЕ ←
ЦЕРКОВНІ КОВЕРТИ
ПРОСИМО ЗГОЛОСИТИСЯ



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St. Nicholas Ukrainian Catholic Church



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\$100.00 дол. – 52 рази до року.

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Janine R. Klimeczko
Michael A. Klimeczko
Licensed Directors

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Become a member of Ukrainian FCU and save money with lower rates on loans, make money with higher interest on your savings, and save time with our convenient online services!

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ПЕРСОНАЛЬНІ ТА БІЗНЕСОВІ ФІНАНСОВІ ПОСЛУГИ

ОЩАДНІ ТА ЧЕКОВІ РАХУНКИ | СЕРТИФІКАТИ | М.М. | ПЕНСІЙНІ РАХУНКИ | ПОЗИКИ | КРЕДИТИ НА НЕРУХОМІСТЬ | ПЛАТІЖНІ КАРТКИ VISA | MONEYGRAM | ГРОШОВІ ПЕРЕКАЗИ | ЕЛЕКТРОННІ ПОСЛУГИ | ПОСЛУГИ НОТАРІУСА | ПЕРЕКЛАДИ | СТИПЕНДІЇ

Buffalo Branch Ukrainian Home Dnipro 562 Genesee Street Buffalo NY 14204 (716) 847-6655 www.ukrainianfcu.org	Amherst Branch Ellicott Creek Plaza 2882 Niagara Falls Blvd Amherst NY 14228 (716) 799-8385 www.ukrainianfcu.org
Business Hours Closed Wednesdays , Зачинені по середах Mon., Tuesday, Thursday 9:30 am - 5 pm Пон., вівторок, четвер Friday / П'ятниця 9:30 am - 7 pm Saturday / Субота 9 am - 1 pm	Business Hours Closed Mondays , Зачинені по понеділках Tuesday - Thursday 9:30 am - 5 pm 3 вівторка по четвер Friday / П'ятниця 9:30 am - 6 pm Saturday / Субота 9 am - 1 pm

Membership subject to eligibility. Federally insured by NCUA.

Щоб довідатися більше інформації про це що діється в громаді, Просимо відвідати веб-сторінку.
<http://www.ukrainiansofbuffalo.com>
Is the the web-page to find More information and events In our Ukrainian Community.

EURO DELI AND GIFTS
www.eurodelisausage.com



LUNCHES & SANDWICHES SERVED DAILY

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4166 Union Rd.,
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2321 Millersport Hwy.
Amherst (Getzville Plaza) 688-1495

Are you listening to "Good Samaritan"
Ukr. Radio Program on WJL 1440 AM
Every Sunday at 2:00 PM?
Thank you for your donations!
We welcome your comments.

Чи ви слухаєте нашу радіо передачу
«Милосердний Самар'янин»
Неділя, 2 год. на WJL 1440 AM?
Сердечно дякуємо за пожертви!

Please include our Church
in your charitable donations!

Просимо підтримувати Рідну Церкву
талантами, часом і жертвами.


Cell Phones - Мобільні Телєфони:
Please turn off or silence your cell phone
before entering the church. Thank you!

Просимо вилучувати ваші мобільні
телєфони підчас Святої Літургії.

2018 LUC dues of \$7.00
are now payable to:
Ihor Pereyma,
38 Lester St.
Buffalo, NY 14210.



Ukrainian Congress Committee -
Buffalo Chapter, General Meeting.
2 PM Sunday, 11 February 2018.
Dnipro Ukrainian Cultural Center,
562 Genesee St., Buffalo.



The Ukrainian National Women's League of
America - Branch 49 - is collecting money
for their Scholarship Fund.
We assist needy and orphaned
Ukrainian Students get an education.
Please make your checks out to
UNWLA Scholarship Program.
For more information contact:
Zoriana Bunche - 668-9504

Союз Українок Америки
Стипендійна акція 49го
Відділу СУА в Баффало
повідомляє, що з першого
лютого 2018 р.
розпочинається збірка
на



Стипендійний Фонд СУА
для незаможної молоді в Україні...
Допомога є дуже потрібна.
Чеки просимо виписувати на
Ukrainian National Women's League.
Минулорічні звіти є у референток СУА
За інформаціями слід звертатися до:
Зоряна Бунч - 668-9504
Стипендійна Акція 49го Відділу СУА

DONATIONS TO ST. NICHOLAS

IMO Anna Nowicky
Maria Bodnarskyj - \$ 20.00

Parish Endowment Fund
IMO Anna Nowicky
Michael & Maria Petryshyn - \$20.00

Special Appeal
IMO Stephanie Osadca
Pereyma Family - \$100.00
Anna Poliszczuk - \$25.00

Donations Towards Coffee Hour - (To pay our
Yearly Communication Assessment Fee)

V. Rev. Marijan Procyk
Markian & Lida Stasiuk
Nadia Marc

Donations will be gladly accepted. The cost for food
for each Sunday is about \$50.00 Using the Coffee
Hour Fund money to buy supplies lets us put the
entire weekly profit toward the yearly
Communication Fee of \$3600.00.
Thank you for your help. Elaine

SITCH DINNER MEETING
Sunday March 18, 2018
At Joseph Hriczko Post, 29 Clemo St., Buffalo, NY
After 12:00pm Liturgy
For the reposed and living members of our organi-
zation at St. Nicholas Ukrainian Catholic Church
Fillmore & Oneida Sts., Buffalo, NY
COCKTAILS at 1:00PM
DINNER at 1:30PM includes refreshments
Meeting to be held after dinner.
Dinner cost is \$10.00 for members and
\$15.00 for guests
Membership dues of \$5.00 for the 2018 year must be
current and may be paid at the door.
For reservations call:
Maria Malaniak – 668-5105
Reservation deadline is March 11, 2018
Reservations are a must and liable. Thank you

(Департамент інформації УГКЦ)

Глава і Отець Української Греко-Католицької Церкви Блаженніший Святослав закликає усіх у п'ятницю, 23 лютого, долучитися до спільної молитви і посту за мир. Так Глава УГКЦ відповів на запрошення Святішого Отця Папи Франциска, яке він озвучив 4 лютого.

Як повідомляє радіо «Ватикан», у неділю, 4 лютого, Папа Франциск після проказування молитви «Ангел Господній» звернувся до вірних із запрошенням долучитися до молитовної боротьби за мир.

«Перед обличчям трагічного затягування ситуацій конфлікту в різних частинах світу запрошую всіх вірних провести 23 лютого 2018 року, у п'ятницю, першого тижня Великого посту, спеціальний День молитви і посту за мир. Ми особливо жертвуватимемо його за населення Демократичної Республіки Конго та Південного Судану. Як і за інших схожих нагод, запрошую також братів і сестер некатоліків та нехристиян приєднатися до цієї ініціативи відповідним для себе способом, але всі разом», – зазначив Глава Католицької Церкви. Очевидно, це добра нагода згадати мир на нашій Батьківщині Україні

Speaking at the recitation of the Angelus prayer last Sunday, Feb. 4, the Pope invited all women and men of goodwill to join him in praying for an end to violence and conflict, especially in South Sudan and in the Democratic Republic of Congo.

Addressing the crowds gathered in St Peter's Square, the Pope said: "Faced with the tragic protracted situations of conflict in different parts of the world, I invite all the faithful to take part in a special Day of Prayer and Fasting for Peace".

Noting that February 23rd falls on a Friday during the first full week of Lent, the Pope asked people to pray especially for those suffering violence in the DRC and in South Sudan, where political unrest and a protracted civil war continues to claim thousands of lives.

Pope Francis said: "Everyone, in their own conscience, before God, should ask 'what can I do for peace?'" "Surely, we can pray", he said, "but not only: each one of us can say 'no' to violence in their own way".

A statement from the Pontifical Council for Interreligious Dialogue on Tuesday stressed that the Pope specifically asked members of other faiths to join in the initiative in any way they can. Highlighting the vital role that religions play in achieving and consolidating peace, the statement urged members of other faith communities to

take up the appeal and to join in "moments of prayer, fasting and reflection, according to their own traditions and in their own places of worship".

Easter this year is April 1 & 8, 2018.

Великдень 1 & 8 Квітня, 2018.

Our Easter Dinner will be April 15, 2018. Baked Goods, as usual, would be greatly appreciated.

Свячення церкви Св. Миколая відбудеться 15 Квітня, 2018.

Solemn Holy Communion May 6, 2018.

Торжественне Св. Причасття буде у неділю, 6 Травня о 10 год. Пів на пів.

Mother's Day Breakfast will be May 13.

Сніданок з нагоди Дня Матері буде 13 Травня.

Father's Day Picnic will be June 17, 2018.

Пікнік з нагоди Дня Батька

August 5 will be our Annual Church Picnic

Наш церковний Опікнік буде 5 Серпня

There will be a Lenten mission during the Lent, but we do not have a date or missionary yet.

Місії-реколекції будить підчас Великого Пості, але ще не маємо ані дати ані наміченого рколектанта-Місіонара



Christ is Born! Glory Him!
Христос Раждається! Славте Його!

- KITCHEN is now open.
- Thank you for your patronage.
Thanks are extended to all volunteers!
- Coffee Hour - Usually Every Sunday after Liturgy in Church Hall, so please join us downstars. Thank you!

Until we meet next Sunday...

TOP'S GIFT CARDS:

Please help us raise money for our Church by purchasing Top's Gift Cards from us. If you buy in Tops anyway, why not help. You do not lose or gain anything by doing this, but our Church will benefit greatly. We receive back 5% of your spending. To take advantage of this program, see Mary Bodnar or call 655-3810, or call the rectory. Thank you and God Bless!

Please note: You can purchase gasoline with this card at Tops Gasoline Station.

У нас успішно продаються Карточки з крамниці "Топс". Купуючи їх ви допомагаєте церкві. Для Вас не робить різниці чи ви платили грішми чи карточкою, але церква дістане від „Топс” 5%. На \$1,000 церква одержить \$50. Що б закупити слід звертатися до п. Марії Боднар, або до канцелярії. Дякуємо!

CHURCH BULLETIN is published weekly.
Deadline for information is Friday Evening.
ЦЕРКОВНИЙ ВІСНИК видається тижнево.
Інформації подавати до П'ятниці вечора.

**SAINT NICHOLAS UKRAINIAN
CATHOLIC CHURCH**

**УКРАЇНСЬКА КАТОЛИЦЬКА
ЦЕРКВА СВЯТОГО МИКОЛАЯ**

(ПІД ОПІКОЮ ПРЕЧИСТОЇ
ДІВИ МАРІЇ ОДІГІТРИЇ)

Parish E-Mail: stnbuffalo@gmail.com

Web Page: <http://www.stnbuffalo.com>

Dioc. Web: <http://www.stamforddio.org>

308 Fillmore Avenue, Buffalo, N. Y. 14206

Rectory: (716) 852-7566

Fax: 855-1319 ~ Kitchen: 852-1908

Confession: Before Liturgies

Сповідь: Перед Св. Літургіями

Baptism: By appointment

Хрещення: За домовленням

Marriage: Contact 6 months in advance

Вінчання: Голоситися 6 місяців скорше

Religion classes – Релігійна Програма
Saturday - Субота

Ministry to the sick – Опіка над хворима

Family members should call the Rectory

Родина повинна повідомити священика

IN EMERGENCY CALL ANY TIME

В разі потреби завжди можна закликати

V. Rev. Marijan Procyk, pastor

Rev. Robert Moreno, visiting priest

**Please call if you are hospitalized,
homebound and need a priest.**

**Просимо закликати якщо ви у ліжниці
або приковані до ліжка!**

Lenten Regulations 2018

By the threefold discipline of *fasting, prayer* and *almsgiving* the Church keeps the Great Fast/ Lent from Monday, February 12 (February 19), after the Cheesefare Sunday to the day before Easter, Holy Saturday, March 31 (April 7).

The following regulations apply, in general, to all Ukrainian Catholics of the Stamford Eparchy between ages 21 to 60:

Abstinence from meat and dairy products on *the first day of the Great Fast, February 12 (February 19), and on Good Friday, March 30 (April 6).*

The following regulations apply, in general, to all Ukrainian Catholics of the Stamford Eparchy between ages 14 to 60:

Abstinence from meat is to be observed on all Fridays of the Great Fast.

Abstinence from meat is suggested and encouraged on all Wednesdays of the Great Fast.

Note: The following are exempt from abstinence: 1. The poor who live on alms; 2. The sick and the frail; 3. Convalescents who are returning to their strength; 4. Pregnant women, and women who are nursing their children; and 5. Persons who perform hard labor.

Meat is to be understood as including not only the flesh, but also those parts of warm-blooded animals that cannot be rendered, i. e., melted down, e. g., the liver, lungs, blood, etc. meat gravy or soup made from meat is included in this prohibition.

Dairy products are to be understood as comprising products derived from mammals and birds, but not regarded as meat, e. g., cheese, lard, butter, milk, eggs, etc.

Eucharistic Fast:

A fast of *one hour* from food (prior to service begging time) should be kept by those receiving the Eucharist at the evening celebration of the Divine Liturgy of the Presanctified Gifts, as well as, the Divine Liturgy of St. John Chrysostom and St. Basil the Great.



Я ЛЮБЛЮ ПИРОГИ

Неділя, 25 Березня
12:00 – 5:00

В Залі Православної Церкви
Святої Тройці
200 Como Park Boulevard
Cheektowaga, NY 14227

Обідати або Купити Додому

▣ Пирогів (різні) ▣ Капуста з ковбасою
▣ Голубці ▣ Солодке Печиво
▣ Паски ▣ Розіграш Кошиків

Збір Коштів - Пирогів За Мир

Для підтримки жертв війни в Україні

www.UkrainiansOfBuffalo.com - (716) 847-1281

Спонсоровано Українською Громадою Баффало: ООЧСУ, ЖООЧСУ, СУМ, Пласт, Рідна Школа, УККА, Культурний Центр ДНІПРО, Громадський Центр "Народний Дім", Українська Федеральна Кредитова Спілка, Союз Українок Америки, Українсько-Американський Фонд Волі; Ліга Українських Католиків, Євро-Делі, Славів Базар, Українські Церкви: Св. Миколая, Св. Івана Хрестителя, Святої Тройці, Матері Божої Неустанної Помочі, Св. Василя, Св. Марії, та всіма людьми доброї волі, яким не байдужа доля України!!!

Організатори фандрейзеру "Пирогів за Мир" звернулися за допомогою до нашого парафії.

Будь ласка, прийдіть в суботу, 17го Лютого, о 9:00 ранку до церковної залі, щоб допомогти робити пирогів для продажу під час фандрейзеру.

Ми також просимо парафіяльну родину церкви Святого Миколая за допомогу в пожертвуванні солодкого, кошиків та подарункових карток для розіграшу (вартість близько \$25.00). Ви можете пожертвувати гроші на придбання кошика або подарункової картки: просто покладіть своє пожертвування в кошик під час літургії, позначте «Для Кошика», або відправте конверт в ректорію або віддайте його отцеві Мар'яну або Ілейн до 18го Березня.

Уже приготовлені кошики для розіграшу можна принести до П'ятниці, 23 Березня до залі церкви Святого Миколая кожної П'ятниці, з 8:00 ранку до 3:00 пообіді, або після Недільної літургії, або до ректорії в любий Понеділок та Четверг з 9:00 ранку до 12:00 пообіді.

Випечку також можна привезти в нашу церковну залю з 22 по 24 Березня.

Оскільки наша парафія є одним із спонсорів цього фандрейзеру, ми сподіваємось, що зможемо розраховувати на допомогу парафіяльної родини церкви Святого Миколая.

Будь ласка, візьміть участь!!!

I LOVE PIEROGI (Varenyky, Pyrohy)

Palm Sunday, March 25 - Noon – 5p
At Holy Trinity Ukrainian Orthodox Church Hall
200 Como Park Boulevard
Cheektowaga, NY 14227

Eat In or Take Out

The organizers of the Pierogi's for Peace Fundraiser have asked for the help of our parish in their endeavor.

Please come on Saturday, February 17th at 9:00am to help make pyrohy for the fundraiser.

We are also asking the Parish Family of St. Nicholas for their help in donating Baked Goods, Theme Baskets and Gift Cards (value around \$25.00). You can donate money for the purchase of a basket or a gift card: just put your donation in the collection basket, marked "Theme Basket", send it to the rectory, or give it to Father Marijan or Elaine by March 18th.

Already made theme baskets can be brought to St. Nicholas Hall Fridays, 8:00am - 3:00pm or after Sunday's Liturgy or to the rectory on Monday's and Thursday's 9:00am - 12:00 pm up to until Friday, March 23rd. Baked goods can also be delivered to our church hall March 22nd - 24th.

Our parish is one of the sponsors of this fundraiser. we hope we can count on you, for your help. Please take part!!! (sponsors will be listed next Sunday)

From the Letter of Fr. Robert

Were you ever asked to be on your “best behavior”? Like when you were little and someone important was to visit your home? Perhaps at work, there was an “inspection” by someone up in the ladder of management and administration and you needed to be on your “best behavior”? Or perhaps your spouse is forcing you to go to a certain social engagement you really do not like and you are asked not only to attend but to be “in your best behavior”?

Well that is the sense I gain when I read St. John Chrysostom and St. Basil the Great on their homilies on the Great Fast. We must be in our best behavior during Lent. In 12 steps groups often, it is heard that they should "Fake it until they make it". That is that the alcoholic will refrain from drinking, even when all what he is thinking about is precisely drinking and getting drunk. Fake it until you make it. In due time with God's grace the day will come when they will no longer have to "fake it" because finally they made it to sobriety. We can apply that to our sins as well. Funny: so someone runs to the Pope and announces that the Lord has returned and is about to enter Rome. “What are we to do?” Everyone around the holy Father asks him: “Holy Father what should we do?” The Pope declares solemnly, “Please make sure everyone looks busy...”

In a quote from the First Homily of Lent of St. Basil the Great, based on two quotes from the Holy Scriptures the first is from Isaiah Chapter 58: “Do not fast to quarrel and fight, but loose every bond of iniquity”. So we are asked to let go of all sin by doing the righteous act, by speaking the righteous word, by considering the righteous thought. In other words to agree to be in our best behavior during Lent. The second is from St. Mathew and we hear it on this Sunday Gospel as not to look gloomy but to wash and anoint the head. Here is the quote from Saint Basil the Great:

ISAIAH HAS taught us the grace of fasting, rejecting the Jewish manner of fasting and showing us the true fast. “Do not fast to quarrel and fight, but loose every bond of iniquity” (Is. 58.4, 6). And the Lord adds: “Do not be gloomy but wash your face and anoint your head” (Mt. 6.16-17). So let us acquire the disposition that we have been taught, not looking gloomy on the days of fasting we are currently observing, but cheerfully disposed toward them, as is fitting for the saints. No one crowned is despondent; no one glum holds up a trophy. Do not be gloomy while you are being healed. It is absurd not to rejoice in the soul's health, and rather to sorrow over the change in food and to appear to favor the pleasure of the stomach over the care of the soul. After all,

while self-indulgence gratifies the stomach, fasting brings gain to the soul. Be cheerful since the physician has given you sin-destroying medicine. For just as worms breeding in the intestines of children are utterly eradicated by the most pungent medicines, so too, when a fast truly worthy of this designation is introduced into the soul, it kills the sin that lurks deep within.

Then Saint Basil immediately turns to our attitude. It cannot be one of sadness, depression, glumness... Rather he says to be joyful because we are receiving the medicine for our sins, the fast. He compares it to a “purgative medicine” bad tasting and perhaps causing a temporary discomfort, but effective in taking care of the tapeworms.

Saint John Chrysostom puts it so clearly:

The value of fasting consists not only in avoiding certain foods, but in giving up of sinful practices. The person who limits his fast only to abstaining from meat is the one who especially lowers the value of it.

Do you fast? Prove it by doing good works. If you see someone in need, take pity on them. If you see a friend being honored, don't get jealous of him. For a true fast, you cannot fast only with your mouth. You must fast with your eye, your ear, your feet, your hands, and all parts of your body.

You fast with your hands by keeping them pure from doing greedy things. You fast with your feet by not going to see forbidden shows or plays. You fast with your eyes by not letting them look upon impure pictures. Because if this is forbidden or unlawful, it mars your fast and threatens the safety of your soul. But if you look at things which are lawful and save you increase your fast, for what you see with your eye influences your conduct. It would be very stupid to eliminate or give up meat and other foods because of the fast but feed with your eyes upon other things which are forbidden.

You don't eat meat, you say. But you allow yourself to listen to lewd things. You must fast with your ears, too. Another way of fasting with your ears is not to listen to those who speak evil or untrue things about others. "Thou shalt not receive an idle report. "This is especially true of rumors gossip, untruths which are spoken to harm another.

Besides fasting with your mouth by not eating certain foods, your mouth should also fast from foul language or telling lies about others. For what good is it if you don't eat meat or poultry, and yet you bite and devour your fellow man?

So, let us go into this journey together in joy and in our best behavior, resolved to "fake it until we make it". After all abundant Graces are available to us during the Great Fast.

Yours as always,
Fr. Robert

PASTORAL OF THE UKRAINIAN CATHOLIC HIERARCHY OF THE U.S.A. “CALL TO PRAYER IN OUR FAMILIES” TO OUR CLERGY, HIEROMONKS AND BROTHERS, RELIGIOUS SISTERS, SEMINARIANS AND BELOVED FAITHFUL.

The Lord, who loves every human being in the world, gifted each one of us with a unique and unrepeatable life. When we contemplate our life, then we see how much effort we expend in order to feel happy. In this materialistic world, each one of us associates his/her happiness with one thing or another. All of us achieve something, however nothing satisfies us, and again, we apply immense effort to obtain and achieve the next perception of “happiness”.

This is the way the rest of our entire life could pass us by. The problem is that we identify ourselves with our body and aspire to attain happiness on the physical level. However, the human being is comprised not only of a body, because there is also a soul. That is why, Saint Augustine, reflecting on this understanding of our nature, says: “My heart is restless until it finds its rest in the Lord”. Our dwelling with the Lord, our prayer, fills us with the understanding as to how and what we should do, what to avoid, and how to build relationships with people. In this manner, we begin to be ever more aware of what God really wants of us in this case or in a different situation. The quality of our prayer may be seen from the way we are afterwards. Our prayer puts an imprint on our entire life!

We can frequently think that conversation with God, which is prayer, is a useless waste of time. The reason might also be that we ourselves do not completely understand how important it is for us to abide with our Creator. We are materialistic because we live in this materialistic world. Throughout life, we devote much time to everyday matters or concerns, although we see how little time we spend in prayer. Very often, owing to a lack of prayer, we stumble upon a mistaken conviction and make the incorrect choice. We can be certain that the root of all our negative conditions, problems, and crisis is the same — neglect of prayer. From personal experience, each one of us knows that, when we are “watchful” about prayer, then everything else also goes well, in harmony and uniformity with God.

Exactly for this reason we call upon all Christian families to nurture shared morning and evening prayer in the family circle. Especially we encourage you to gather together and pray as a family in your homes at 9:00 o'clock in the evening (regardless of time zones). We should pray, each one for their needs: for the family as well as the parish, for the eparchy and the entire Church, for peace in Ukraine and USA, for vocations and other intentions. Therefore, let us begin this

year with prayer together, with reflection on God's Word, in selfless service to one another and with trust in God!

As a basis for our prayer we can use the “Introductory Prayers” starting with “Heavenly King”, through the “Our Father” and adding the “Hail Mary”.

Introductory Prayers

In the name of the Father and of the Son, and of the Holy Spirit. Amen. (*Three times.*)

Glory be to You, our God; glory be to You!

O Heavenly King, Comforter, Spirit of Truth! You are everywhere present and fill all things. Treasury of Blessings and Giver of Life, come and dwell within us, cleanse us of all stain, and save our souls, O gracious Lord.

Holy God, holy and mighty, holy and immortal, have mercy on us. (*Three times.*)

Glory be to the Father +and to the Son, and to the Holy Spirit, now and ever, and forever. Amen.

O Most Holy Trinity, have mercy on us; O Lord, cleanse us of our sins; O Master forgive our transgressions; O Holy One, come to us and heal our infirmities for your Name's sake.

Lord, have mercy! (*Three times.*)

Glory be to the Father + and to the Son, and to the Holy Spirit, now and ever, and forever. Amen.

Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us and lead us not into temptation but deliver us from evil.

Hail Virgin Mary, Mother of God, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb; for you gave birth to Christ, the Savior and Redeemer of our souls.

We also encourage our pastors to facilitate weekly or periodic prayer meetings with the faithful. It can be an opportunity to share experiences about prayer and to grow in our faith. The Catechism of the Ukrainian Catholic Church can serve as an excellent source for learning and reflection on our faith. Excerpts read during the prayer meetings and before or after our worship gatherings may facilitate greater insight into the power of faith in our daily life.

Your hierarchy of the Ukrainian Catholic Church join in solidarity with you with our fervent and steadfast prayers offered for all. Let us gather in our families at home, and in our parish and eparchial families for shared prayer. We love you and we pray for you.

+Stefan Soroka, Metropolitan of Ukrainian Catholics in the United States,
+Paul Chomnycky, OSBM, Eparch of Stamford,
+Benedict Aleksiychuk (author), and all bishops

З радія "Милосердний Самаритин"

В старих українських церквах любили на західній стіні зображувати картину Страшного суду. І, мабуть, не один, заходячи до церкви, з острахом поглядав на ту стіну і шукав, де ж належне йому місце в тій країні мук і страждань!

Насправді, розповідь Самого Ісуса Христа про Його майбутній Другий прихід і про останній Суд – ця розповідь дуже оптимістична. Вона запрошує нас самих до вічного життя і показує, якою може бути наша дорога до зустрічі з Христом.

Головне застереження, яке лунає в сьогоднішньому читанні, - не бути байдужим до свого ближнього (Мт. 25:31-46). Ті хибні стереотипи Церкви, які нав'язуються і нав'язувалися протягом багатьох століть, намагаються показати церковну людину як такого собі "індивідуаліста", який, мовляв, думає тільки про власне майбутнє життя, проводить час у безперервній молитві і не озирається на тих, хто є довкола нього. Коли ми вслухаємося або вчитасямося у слова сьогоднішньої розповіді, то відкриємо для себе, що Христос якраз закликає нас не усамітнюватися від світу, але бути чуйним на його біди, негаразди й проблеми і вміти помічати біля себе людину, яка терпить і страждає, потребує нашої уваги, нашого втручання. Це, насамперед, є умовою нашого майбутнього життя, нашої зустрічі з Христом.

Господь не відштовхує нас. Ні. Він запрошує нас усіх до вічного Царства, Він кличе нас до зустрічі. Але, в той же час, Він вказує суворо і безпосередньо на те, якою ж є умова цієї зустрічі. Самотні, відштовхуючи від себе тих, хто перебуває у журбі, скорботі, потребі, – всіх тих, хто кличе нас озирнутися, помітити, підтримати їх, – такими ніколи ми не зможемо прийти до Христа. Це кардинально відрізняється від того образу життєвого змагання, який нам нав'язується сьогодні.

В якому дусі виховується людина нинішньої цивілізації? Їй треба розштовхувати всіх плечима, пробиватися вперед, щоб бути неодмінно першим. І вже якщо не прийдеш до фінішу першим, хоч прилаштуйся серед переможців. Якщо тобі заважає твій ближній – відштовхни, випередь його. Будь кращим, головнішим, старшим за нього. Намагайся бути першим! Страшний Егоїзм. Думати тільки про себе, говорити тільки про себе, обіймати тільки себе самого, не звертаючи уваги на інших, хіба щоб порівнювати себе до інших, щоб їх засудити, так як фарисей з притчі про Митаря і Фарисея.

Христос же застерігає, що саме такі особи ніколи не побачать Небесного Царства (Мт. 25:41-43), бо вони не просто ігнорували свого ближнього, вони Його зовсім не помічали!

Ну яке відношення має Христос до того бездомного, що підходить до нас з бажанням щось одержати, чи до тих, що далеко від Бога, і вже забули дорогу до церкви і впиваються чи заживають дрібні і так руйнують оцей дар життя, що задармо одержали, і затрачують Божий Образ у собі? А Христос нагадає нам про нашого спільного Отця і про наші особливі, родинні зв'язки як Божих дітей.

Лише Він, Христос, є Божий Син. Але в певному сенсі і кожен та кожна із нас є Божим сином чи донькою, бо ми створені Господом і ми несемо в собі як найголовніший генетичний код те, що називається Біблією «Образом і Подобою Божою». Мистецтво християнина полягає в тому, аби, відкинувши все вторинне, набуте з віком - хвороби, деформації нашого характеру, - зуміти помітити у внутрішньому єстві людини, яке мова Церкви, мова правдивої християнської містики називає серцем, ось ці - Божі Образ і Подобу. І, помітивши їх, поставитися як до найближчого родича до кожної, навіть, антипатичної тобі, людини.

Можливо, будь-який суспільний катаклізм, який ми переживаємо, будь-який конфлікт у суспільстві поклонників перевірити: а чи вміємо ми чинити саме так? Чи вміємо ми, християни, відчувати болі світу і брати участь у їхньому подоланні, у їхньому зціленні й uzдоровленні? Христос вчить нас уміти захищати справедливість, боронити несправедливо ув'язнених, уміти, попри брак коштів і адміністративного ресурсу, знайти сили, щоб підтримати хворих, немічних і спраглих, яких більш ніж достатньо у сучасному, зовні багатому світі.

Христос навчає нас вірити у наші можливості зустрітися з Ним у майбутньому житті, але застерігає – застерігає від помилкових блукань, на які ми можемо наразитися в теперішньому житті.

Саме тому сьогоднішній день не є днем, коли в церкві страхують парафіян видінням майбутнього суду. Ні. Це - оптимістичний день, який показує нам, як наступний Великий піст і наше подальше життя можуть відкрити перспективу радісної зустрічі з Господом. Радісної за однієї умови: коли ми навчимося бачити Христа у кожному ближньому і будемо готові прийти до нього зі своєю допомогою.

За архієпископом Ігором (Ісиченко)

From "Good Samaritan" Ukr. Radio pr.

Today is the day before we enter Great Lent and the Gospel reading for this Sunday gives us a type of blueprint for our life. God is ready to forgive us, but are we ready to be forgiving? The Holy Scripture says, the Saints say, the Holy Spirit says: 'forgive, forgive, and forgive'. Jesus lets us know that if we refuse to forgive, then we really have not grasped our own need for forgiveness. But when we have our eyes fixed on the cross, and the pain and suffering that Jesus endured in order to forgive us and cleanse us from our sins, it can appear pretty foolish not to forgive those who have trespassed against us. By forgiving one another, we are ultimately trusting that God is in control. By forgiving, we release our own right to get even, allowing the forgiveness that God grants us to flow through our hearts. True forgiveness is demonstrated in our willingness to pray for and to facilitate good things happening in the lives of those who have hurt us.

Today's Gospel reading, taken from the book of St. Matthew (6:14-21), opens with this precept of forgiveness. "If you forgive men their trespasses, your Heavenly Father will also forgive you, but if you do not forgive men their trespasses, then neither will your Father forgive your trespasses." The fact that the Church has chosen this verse from scripture shows its clear intention of making forgiveness the dominant theme as we enter our Great Fast. Truthfully, forgiveness does not come easy, but since we are made in the image of Christ, then we too must be forgiving – we must be willing to forgive one another and to allow the Lord to help us forgive ourselves. Forgiveness is something we may think about every day – we are often faced with situation where people hurt us – but is our forgiveness something that we truly demonstrate time after time after time? When Peter asked the Lord if he should forgive seven times, Jesus replied, "Not seven times. But I tell you seventy times seven." St. Paul reminds us that love keeps no record of wrongs. Love covers a multitude of sins. We should learn to forgive as God forgives. When we perform an act of kindness, or offer our sincere prayers, especially for the benefit of one who may have hurt us - we can change our own attitude as well as theirs. I have found that one of the most difficult things to forgive, one of the hardest hurdles to overcome is how we forgive ourselves. The slate does not wipe so clean when it comes to our own conscience, our own offenses, the ways in which we know we have hurt or offended others. But those are the

occasions when we need to pray to the Lord more fervently, because only He can wash away all sin and all tragedy, only He can help us remove the nails that pierce at our very souls, and only He can make us whole again.

Several years ago, when my grandparents were still alive, we bought them a new microwave oven. My grandmother had bravely taken on her ancient 1980's toaster oven for far too long, and I did not like the scars she had to prove it. She had been burned numerous times on the elements that were exposed and had to leave food in far longer than she should have to get it to a suitable temperature. She grinned a huge smile when I walked into her kitchen with that brand-new microwave. She was very grateful and appreciative. She watched intently as I unplugged the old one to make room for the new one. I even decided to take that huge old clunker down to the local dump to get it out of the way permanently, but my grandmother stopped me just as she saw her beloved appliance leaving the house. She asked me to simply put that old thing in her basement. She wanted to keep it stored there. I asked her why she would want to keep something that old when there was an updated version ready to be used sitting in her kitchen. "Just in case", she replied. I thought to myself, just in case, you must be kidding me, but I knew that when my grandmother had made up her mind there was no sense in trying to change it. Years later, when both she and my grandfather passed away, that beat up 1980's toaster was still in her basement, just where I left it... just in case. When I looked at that ancient piece of scrap metal, something dawned on me. If this was the worst thing that my grandmother held onto, then she led a pretty righteous life. God has given us so many new things to get excited about. His spirit lives in us, and divine opportunities beckon us to complete our purpose here on earth according to God's will. But along the way, we often get tempted to store old habits, bad habits, preferences that eventually become hindrances, and even sins... just in case. But why would we want to hold onto anything old, when the new has come (2 Cor. 5:17)? Old habits are often comfortable, but they are not useful. My grandmother may have stored that old toaster in her basement for years, but she never did use it again. Today, we need to think about what we are holding onto, and I do not mean those possessions we hold dear, but rather those old habits that keep us distant from God.

What things do we need to get rid of in order to make a more spiritually fulfilled journey through Lent?

“If we admit that we have sinned and confess our sins; He is faithful and just and will forgive our sins and cleanse us from all unrighteousness.” (1 John 1:19) God is faithful and He will forgive us, no matter how far off track we may have gone, no matter how far we may run, or how much time we may have lost to our sinful desires. God is willing to take our old, our brokenness, and replace it with His grand newness of divine life. We do not have to go one more day or take one more step with the shame of yesterday’s choices and unwise decisions weighing us down. God was willing to honor so many, who came before us, like Jonah and Solomon and Paul, even after their mistakes, and I trust that God will honor each of us when we ask for His forgiveness. “Therefore, the Lord longs to be gracious to you, and therefore He waits on high to have compassion on you. For the Lord is a God of justice, how blessed are all those who long for Him.” (Isaiah 30:18) The Holy Spirit extends to us an opportunity to develop our relationship with God, but do we accept this opportunity to live in communion with God and be forgiven?

Since Lent begins tomorrow and because this time of fasting, is more than anything else, a period during which we concentrate more intently on prayer and forgiveness, let us take a moment to think about the awesome privilege of prayer. The great importance of prayer can even be seen in the life of Jesus that we read in the Gospels. Every major decision in the life of Christ was preceded by prayer. He prayed before His baptism. He prayed all night before choosing His disciples. He prayed before His transfiguration. He prayed early in the morning and late at night. He even prayed to His Heavenly father before His passion. Jesus prayed in order to share in the complete fullness of God the Father. Keeping that in mind, we need to ask ourselves: How much of God do we want? Do we want only a few pennies worth, or do we want the whole fullness of His presence as He wants to be able to give to us? Someone once wrote, “We may have as much of God as we will. Christ puts the key of the treasure chamber into our hand, and bids us to take all that we want. If a man is admitted into a billion-dollar vault of a bank, and told to help himself, and comes out with only a few cents, then whose fault is it that he is poor?” Likewise, in retrospect, whose fault is it that Christian people generally have such scanty portions of the free riches of God? How much of God we want all depends on how often we open the door of prayer to Him, and how willing we are to forgive and be

forgiven. St. Paul wrote, “We are to be kind and forgiving of each other, even as Christ forgave us” (Eph. 4:32).

It was Mother Theresa who once said: ‘If we really want to love, then we must learn how to forgive’. Forgiveness is above all a personal choice, a decision of the heart to go against the natural instinct to repay evil for evil, or to hold ourselves responsible for the things we seem unable to forgive. The measure of such a decision is the love of God who draws us to Himself despite our sins. We have a perfect exemplar in the forgiveness of Christ, who on the Cross and in great agony, prayed: “Father, forgive them, for they know not what they do” (Luke 23:34). If we can achieve a depth of forgiveness anything like that - which Jesus extends to us - we indeed shall find an incredible peace that will accompany us throughout our Lenten journey and all our days ahead. When we really think about it, what hope has hatred ever given? What argument has ever been aided by anger? What problems have ever been resolved by revenge? What tragedies have ever been avoided by blame? Our brothers and sisters are much more than what we perceive they did to us, just like you and I are more than a compilation of our sins and offenses. We are God’s children on a journey toward remembering ourselves and our place in Heavenly Jerusalem. Through Christ’s actions, because of His Spirit living in us, we can here and now experience forgiveness, reconciliation, wholeness, and friendship with God, because Christ bridged the gap between salvation and sin, between life and death - between God and us!

→ → → **SAVE THE DATE:** ← ← ←
79TH ANNUAL CONVENTION
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