

True Fasting

“Why do we fast, and you do not see it? afflict ourselves, and you take no note of it? Lo, on your fast day you carry out your own pursuits, and drive all your laborers. Yes, your fast ends in quarreling and fighting, striking with wicked claw. Would that today you might fast so as to make your voice heard on high! Is this the manner of fasting I wish, of keeping a day of penance: That a man bow his head like a reed, and lie in sackcloth and ashes? Do you call this a fast, a day acceptable to the Lord?

This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; Setting free the oppressed, breaking every yoke; Sharing your bread with the hungry, sheltering the oppressed and the homeless; Clothing

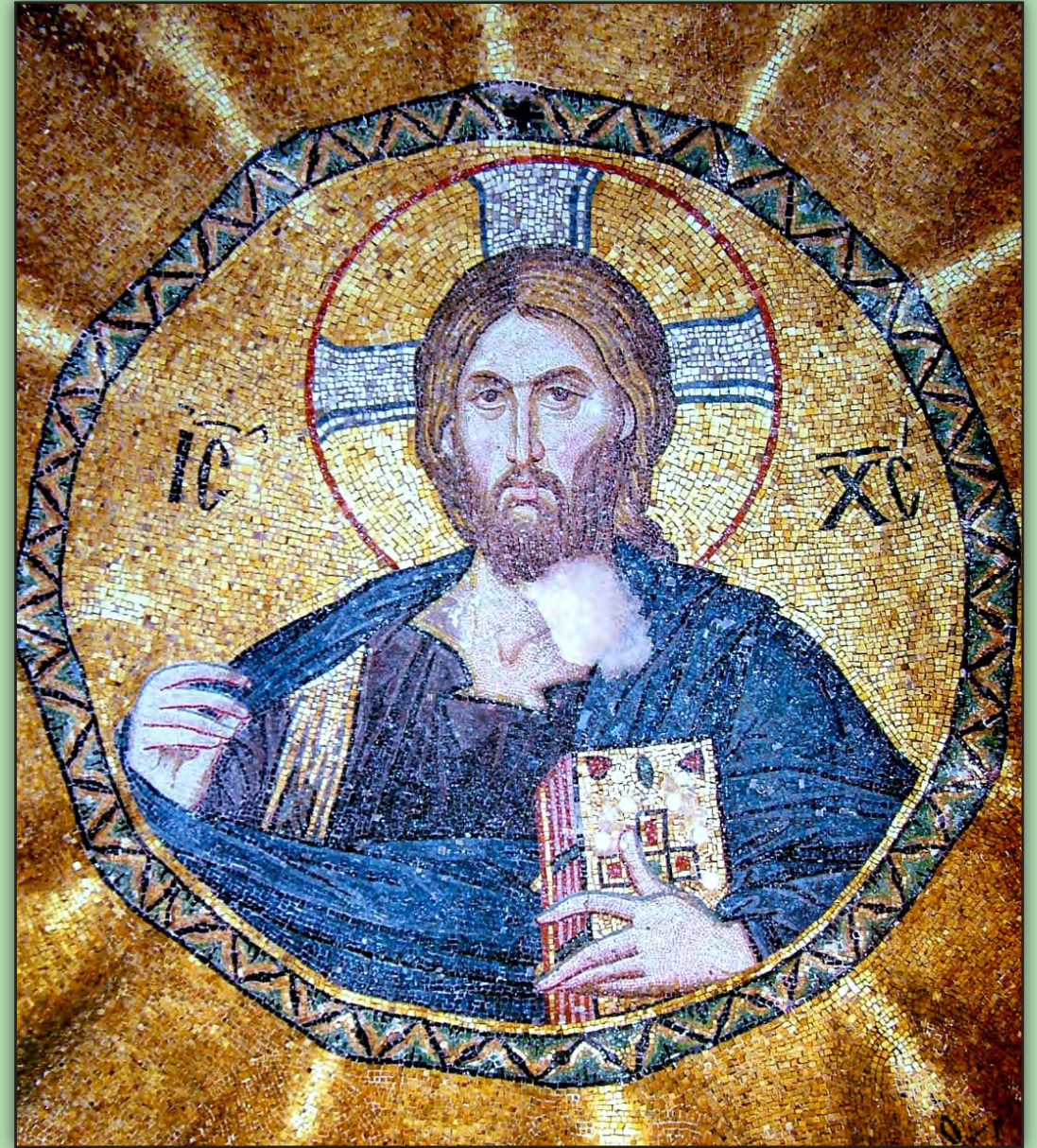
the naked when you see them, and not turning your back on your own.

Then your light shall break forth like the dawn, and your wound shall quickly be healed; Your vindication shall go before you, and the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer, you shall cry for help, and he will say: Here I am!

If you remove from your midst oppression, false accusation and malicious speech; If you bestow your bread on the hungry and satisfy the afflicted; Then light shall rise for you in the darkness, and the gloom shall become for you like midday.”

The Prophet Isaiah (58:3-9)

SUNDAY OF CHEESFARE FORGIVENESS SUNDAY



Icon of Christ Pantocrator

UKRAINIAN CATHOLIC NATIONAL SHRINE OF THE HOLY FAMILY

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IN CASE OF AN EMERGENCY PLEASE CALL: 202-262-5040

Pastoral Care entrusted to:

Father Robert Hitchens Father Wasyl Kharuk

Sunday – February 14, 2021

Слава Ісусу Христу – Слава на віки Glory to Jesus Christ – Glory to Him Forever

The District of Columbia is at Phase 2, and our Church is open for Divine Liturgies. But, some may not feel ready to return, so we will continue to Livestream our 9:00 a.m. English Divine Liturgy and our 11:30 a.m. Ukrainian Divine Liturgy. The dispensation from attending Sunday Divine Liturgy and Holy Days of Obligation throughout the Archeparchy is still in effect until further notice.

Sunday Services will be Live Streamed at 9:00 AM and 11:30 AM

Platform: <https://www.facebook.com/holyfamilyshrine/>

OUR CHURCH IS OPEN FOR LITURGIES

Sunday February 14 9:00 a.m. 11:30 a.m.	Sunday of Cheese Fare (Forgiveness Sunday) (+Michael and +Catherine Dankewych from Family) (For the Parish)
Monday February 15 **6:00 p.m.**	At Parish – Presanctified Liturgy – First Day of Great Fast ALSO Live Streamed https://www.facebook.com/holyfamilyshrine/ (Deceased of the Nagurney-Medwid Family from Irene)
Friday February 19 **6:00 p.m.**	At Parish – Presanctified Liturgy ALSO Live Streamed https://www.facebook.com/holyfamilyshrine/ (+John and +Anna Bukowski from Family)
Saturday February 20 10:00 a.m.	At Parish ALSO Live Streamed https://www.facebook.com/holyfamilyshrine/ (Sorokousty)
Sunday February 21 9:00 a.m. 11:30 a.m.	First Sunday of the Fast-Sunday of Orthodoxy (+Stephen Fisanich from Frank and Ferne) (For the Parish)

THE GREAT FAST IS COMING – FEBRUARY 15 – A TIME FOR PENANCE AND METANOIA

The Great Fast begins Monday, February 15. Our parish will make a commitment to observe this sacred time in accord with the authentic traditions of our Ukrainian Greek Catholic Church. We will celebrate the Liturgy of the Presanctified Gifts on Fridays at 6:00 p.m. in our Church. *Wednesdays will be at SS. Joachim and Anna in Front Royal, VA.* On Saturdays, we will celebrate the Divine Liturgy for the Souls enrolled in the Sorokousty 10:00 a.m. in our Church. Since ancient times, Christians have been challenged to practice: **FASTING – ALMSGIVING – PRAYER – AS A WAY OF LIFE AND A WAY TO ETERNAL LIFE.** Please try your best to make the effort to observe these Lenten Disciplines and Practices during the **FAST 2021.**

Everyone, regardless of age, is encouraged to observe the GREAT FAST as piously as possible!

SPIRITUAL REGULATIONS FOR THE GREAT FAST 2020

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. Everyone should receive 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.

PLEASE SUBMIT YOUR SOROKOUSTY 2021 (LIST OF YOUR DECEASED LOVED ONES)

In the Ukrainian Catholic Church, it is the custom to remember our beloved dead during the time of the Great Fast. These commemorations occur on Saturdays because the Saviour of the world rested in the grave on Great and Holy Saturday, awaiting the Resurrection. Thus, Saturday became for Christians the day for commemorating the deceased, who await the resurrection on the last day. We will be starting our remembrances of the dead on Saturdays, beginning February 20, with Divine Liturgy at 10:00 a.m. at the **Ukrainian Catholic National Shrine of the Holy Family, Washington, DC.** Please take the time to remember your deceased family members on the Saturdays of the Great Fast. They hope for our prayers; and in turn, they pray for us. Please submit an envelope with your list of names and offering by email or US Mail.

FIRST CONFESSION 2021 PREPARATION CLASSES – SUNDAYS AT 10:30 A.M.

First Confession will be celebrated in our parish for children ages 7 and older on **Saturday June 5.** In order to prepare to receive this sacrament, the children must attend the preparation classes on **Sundays at 10:30 a.m. on: Feb.: 21, 28, Mar.: 7, 21, 28, Apr.: 18, 25, May: 16 and 23** Children must also attend the Divine Liturgy on these days. Please do not be late. Although we previously celebrated First Confession on Lazarus Saturday, that is not possible this year. We are a month behind on preparation because of the pandemic and, more importantly, Easter falls very early this year. Considering COVID restrictions and the possibility of inclement winter weather in the coming weeks, and student illnesses, it is necessary to schedule the celebration of the sacrament for June 5. That date is unlikely to change, unless there are new restrictions issued by the DC government. Also, to clarify, we do not plan to hold class every Sunday. According to the planned schedule, which starts on January 31, there will be no class on major holidays or the second Sunday of the month: *i.e.*, February 14, March 14, April 4 (Easter), April 11, May 2 (Old Calendar Easter), May 9 (Mother's Day), or May 30 (Memorial Day weekend).

Prayer List

Our prayer list of the sick or elderly and friends of our parish: **Theresa Aranda, Liana Arnold, Fr. Frank Avant, Susan Avant, Charles Belanger, Barbara Blendy, Bluey Family, Yevhenia Borys, Taisia Bullard, Michele Burns, Mary Connors, Jack Davis, Darlene Dossick, Solomia Dutkewych, Ruth Fedack, Bernard F, Frank Fisanich, Lilian Garland, Thomas Gutmann, H.H., Josie Hacker, Catherine Hetmansky, 1LT Catherine Hetmansky Hayes (Active Duty Iraq), Bernadell Rita Higgins, Daniel Horeczko, Nila Iwaskiw, Kateryna Jurach, Oksana K, Sarah Kelt, Dorothy Kozmoski, Suzanne Krumpelman, Fr. Mykhailo Kuzma, Michael Joseph Little, Mark Pidlusky, Michele Pretka Litvar, Yaroslava L., Mufada and Family, Sallie Miller, John Moeller, Matthew Parowski, Deborah Pickering, Alexandra Pohorecka, Ron#119, Michael Joseph Radigan, Ivanna Richardson, Roman Rusynko, James Salandro, Maria Sawkiw, Lisa Schaible, Christopher Sell, Shliakhta Bogdana, Shliakhta Mark, Shliakhta Andrew, Timothy Stock, Lindsey Sydnor, Thomas Sydnor, Helen Lefcheck Torre, Jarrelyn Trusen, Lisa Pretka Turner, Gloria and Luis Vega, Jennifer Wilson.** If you know of someone who should be on this list, please email or call with the name of the individual. Our intercessory prayer for the sick and the aged is truly helpful and comforting. In your Christian Charity, kindly remember our sick parishioners in your prayers and perhaps a card or note.

CONCERNING FUTURE PARISH EVENTS

The Mayor of the District of Columbia extended the Pandemic State of Emergency to March 31, 2021. As such, we will not be able to have our Pre-Lenten Communion Breakfast or Easter Bazaar and Pysanka Workshop. Fellowship with Cake and Coffee after the Sunday Divine Liturgies will also continue to be suspended.

Lenten Services Great Fast 2021 – In Church and Live Streamed

We will celebrate the Liturgy of the Presanctified Gifts on Fridays at 6:00 p.m. in our Church. *Wednesdays will be at 6:00 p.m. in SS. Joachim and Anna in Front Royal, VA.* On Saturdays, we will celebrate the Divine Liturgy for the Souls enrolled in the Sorokousty 10:00 a.m. in our Church.

Friday 6:00 p.m. and Saturday 10:00 a.m. – Holy Family

Via Facebook <https://www.facebook.com/holyfamilyshrine/>

Wednesday 6:00 p.m. – Saints Joachim and Anna

Via Facebook <https://www.facebook.com/ssjoachimandanna/>