

### *Pushing or Pulling?*

A couple, vacationing in Maine, visited the harbor to watch the boats return from fishing and trapping lobsters. One lobster boat docked near where they sat and unloaded buckets of fresh lobsters. The wife became intrigued as she watched the lobsters scurry about in a bucket. She noticed that as soon as one lobster began to climb its way out of the pail, the other lobsters would pull it back down. It seemed to her that it would have been fairly easy for each lobster to escape from the bucket, except that they always were being pulled back down by the others.

Lobsters certainly can teach us about human nature as well. Doesn't it seem that as soon as one person decides to climb out of the "bucket," there are so many others trying to

pull him or her back down? Rather, shouldn't we try to support and push the other person farther along?

Let us look at the icon on the cover of the bulletin. The icon depicts people traveling from earth to heaven on a ladder. Can we see ourselves on the ladder? Let us ask ourselves: Do we push our neighbor further up the ladder to Heaven, or do we pull them down?

In the Gospel reading today, Jesus speaks of our obligation to assist other people in every need. Moreover, Our Lord tells us that whatever we do to others we do to Him. Conversely, if we neglect others, we neglect Our Lord. "Whatever you do to the least of My brothers, you do to me." (Matthew 25:40)

## SUNDAY OF MEATFARE



*Icon of the Ladder of Divine Ascent*

UKRAINIAN CATHOLIC NATIONAL SHRINE OF THE HOLY FAMILY

4250 Harewood Road NE

Washington, DC 20017

Phone: 202-526-3737 Fax: 202-526-1327 E-mail: [ucnsholyfamily@gmail.com](mailto:ucnsholyfamily@gmail.com)

Webpage: [www.ucns-holyfamily.org](http://www.ucns-holyfamily.org)

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

*Pastoral Care entrusted to:*

Father Robert Hitchens

Father Wasyl Kharuk

**Sunday – February 20, 2022**

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

**Our Church is open for Divine Liturgies. 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.**

**All 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**

<b>Sunday February 20</b> <b>9:00 a.m.</b> <b>11:30 a.m.</b>	(+Michael and +Catherine Dankewych from Family) (For the Parish)
<b>Monday February 21</b> <b>9:00 a.m.</b>	(+Davis Family from Ellen)
<b>Thursday February 24</b> <b>9:00 a.m.</b>	(+Hitchens Family from Family)
<b>Sunday February 27</b> <b>9:00 a.m.</b> <b>11:30 a.m.</b>	(+Theresa and +John Zachnuber from the Hetmansky Family) (For the Parish)

**District of Columbia Mayor Bowser announced that the universal indoor masking mandate will end March 1.**

**Everyone is kindly asked to wear a mask during the Divine Liturgies until then.**

**THE GREAT FAST IS COMING – FEBRUARY 28 – A TIME FOR PENANCE AND METANOIA**

The Great Fast begins Monday, February 28. 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 2022.**

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

**SPIRITUAL REGULATIONS FOR THE GREAT FAST 2022 – BEGINS MONDAY FEBRAURY 28**

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 2022 (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 March 5, 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 an offering is customarily made for the priests by email or US Mail. See the attached Sorokousty Form.

**Prayer List**

Our prayer list of the sick or elderly and friends of our parish: **Theresa Aranda, Liana Arnold, Chuck Basile, Charles Belanger, Barbara Blendy, Bluey Family, Yevhenia Borys, Taisia Bullard, Michele Burns, Robert Matthew C., Mary Connors, Darlene Dossick, Solomia Dutkewych and Theresa, Ruth Fedack, Bernard F, Lindsey Fedyk, Lilian Garland, Alice Gogniat, Thomas Gutmann, H.H., Josie Hacker, Catherine Hetmansky, Bernadell Rita Higgins, Daniel Horeczko, Nila Iwaskiw, Kateryna Jurach, Oksana K, Sarah Kelt, Dorothy Kozmoski, Suzanne Krumpelman, Fr. Mykhailo Kuzma, Mr. Marko, Michael Joseph Little, Mark Pidlusky, Michele Pretka Litvar, Yaroslava L., Mufada and Family, Sallie Miller, John Moeller, Deborah Pickering, Alexandra Pohorecka, Ron#119, Jane O'Shea, Michael Joseph Radigan, Roman Rusynko, James Salandro, Maria Sawkiw, Lisa Schaible, Christopher Sell, Shliakhta Bogdana, Shliakhta Mark, Shliakhta, Andrew, Larry Sosnowich, Lindsey Sydnor, Thomas Sydnor, Stefania Szahaj, Helen Lefcheck Torre, Cindy Turchek, 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.

### **SACRED RELICS OF THE SAINTS: TREASURES OF THE CHURCH EXPOSITION THURSDAY MAR 3, 7PM**

Our parish will present a teaching and exposition of Sacred Relics on Thursday, March 3, 2022 at 7:00 p.m. Father Carlos Martins, a Vatican-appointed expert on relics will be here with an extraordinary Vatican collection of over 150 relics, some as old as 2,000 years. Among the treasures will be relics of St. Joseph, St. Maria Goretti, St. Therese of Lisieux (the “Little Flower”), St. Francis of Assisi, St. Anthony of Padua, St. Thomas Aquinas, and St. Faustina Kowalska. There will also be a portion of the Veil of Our Lady and one of the largest remaining pieces of the True Cross in the world. Those in attendance will be able to examine and venerate each relic. Throughout history, many healings have been worked in the presence of relics; and thousands have occurred through this ministry. Do not miss this opportunity. You are encouraged to bring your articles of devotion (such as rosaries, holy cards, etc.) and pictures of ill friends/family members, which you will be able to touch to the reliquaries as a means of intercession. This is a once-in-a-lifetime opportunity. Please spread the word. Confession will be available and a special plenary indulgence is also available under the usual conditions.

### **God With Us Catechism**

In the Gospel appointed for Meat-Fare Sunday we learn that what we do to our neighbor, we do to Christ. How is this possible? How are we to understand the spiritual meaning of this truth? First, we must always remember that we, men and women, were made in the image and likeness of God. Even after the Ancestral Sin of our first parents, we remained in God’s image. This truth is important when considering our actions toward others. What we do to others, Christians and non-Christians alike, we do to God who remains present in us through the stamp of his image. In our baptism we were united to Christ and made partakers of his own life, so much so that we can now say with Saint Paul “It is no longer I who live but Christ who lives in me” (Gal 2:20). This second and deeper level of our identity with Christ, makes the above truth even more profound. It is Christ who we speak with when we talk with our friends. Christ is present with us as we either care for, or ignore, those around us. Christ is here with us when we either embrace or push away those who are in need. Christ is within us and is in the heart of our neighbor with whom we interact. As we begin our Lenten journey, let us consider how we treat others in relationship to Christ. Let Christ be in our mind, on our lips, in our heart. Let it be Christ’s hands that are outstretched when we help our neighbor who is in need. Let it be Christ’s feet that walk where we walk each day. During this Lenten season, let us recognize the presence of God in each and every person we meet.