

“As long as they have the bridegroom with them they cannot fast.” (Mark 2:19)

This evening, Forgiveness Vespers begins the Great Fast. Texts from the propers of Vespers include the following:

Entering into the arena of the Holy Fast, let us make every effort to humble our flesh by abstinence; in prayer and with tears let us seek the Lord our Savior, and, that we might turn away from our evil deeds, let us say to Him: we have sinned against You, O Christ our King, save us as You saved the Ninevites of old, and in Your goodness, grant us a share in the kingdom of heaven.

When I see my deeds that deserve such punishment, I am without hope, O Lord; for I have disobeyed Your holy commandments, and I have led a foolish

life. Therefore, I beseech You: purify me in the waters of repentance by fasting and prayer, O Savior, full of goodness; do not reject me, O Benefactor of the Universe.

Let us begin the time of this bright fast, giving ourselves over to spiritual struggle. Let us sanctify our soul and purify our flesh. Let us not fast only from food; let us also abstain from every passion and cultivate spiritual virtues. And let us faithfully preserve in this, so that we may be worthy to see the holy passion of Christ our God and the joy of His holy Resurrection.

*Text from the Lenten Triodion,
Sisters of Saint Basil, Uniontown, PA.*

SUNDAY OF CHEESEFARE



Icon of Christ the Bridegroom

UKRAINIAN CATHOLIC NATIONAL SHRINE OF THE HOLY FAMILY

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Washington, DC 20017

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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 27, 2022

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

Our Church is open for Divine Liturgies. 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

Sunday February 27 9:00 a.m. 11:30 a.m.	(+Theresa and +John Zachnuber from the Hetmansky Family) (For the Parish)
Monday February 28 6:00 p.m.	At Parish – Presanctified Liturgy – First Day of Great Fast (Peace in Ukraine)
Wednesday March 2 8:00 a.m. to 5:00 p.m.	WORLD DAY OF PRAYER AND FAST FOR UKRAINE The Church is open from 8:00 a.m. to 5:00 p.m. for Prayer
Friday March 4 6:00 p.m.	Presanctified Liturgy (Deceased of the Nagurney-Medwid Family from Irene)
Saturday March 5 10:00 a.m.	(Sorokousty)
Sunday March 6 9:00 a.m. 11:30 a.m.	First Sunday of the Fast-Sunday of Orthodoxy (+John and +Helen Fedkiw from the Popadiuk Family) (For the Parish)

THE GREAT FAST IS HERE – 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 abstention 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: Abstinance from meat and all dairy products on the First Day of the Great Fast and on Good Friday. Abstinance 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 Abstinance 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 abstinance regulations.

NEWLY ILLUMINED BY THE HOLY MYSTERIES – VERONICA TSINTSIRUK

Veronica Tsintsiruk, newly illumined by the Holy Mysteries, was baptized, chrismated, and received the Holy Eucharist this Sunday. God bless Veronica, her father Andriy and her mother, Rebecca. *Mnohaya Lita!*

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 Pidluskyy, 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 Turcek, 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

“What is the treasure of our life? What do we value most?”

Let us not answer this question flippantly, or with ease, but let us ask it seriously. The things we value most are those we tend to spend the most time with, and for. What we value most we tend to guard and keep secure. What we value most we tend to have on our mind and on our lips. What we value most we tend to invest our lives in. A good test may be to consider what we talk about the most when we speak with others. A good test may be to consider what we look forward to most in our life each day, each week and each year. The time of Great Lent, which begins this Sunday evening with the service of mutual forgiveness, offers us forty days to re-order our lives and make the things which we know are the most important—namely our relationship with the Lord—actually the most important. The time of Lent is a time in which we, with the grace of God, begin to focus our life on God and order all things in relationship to him. And our relationship with the Lord is not a vague decision which we make. It is a practical reality that affects all aspects of our life; how we spend our time, what and how much we eat and when, where we go for entertainment, what we read, the types of friends we choose, etc. There is no aspect of our life which is hidden from the Lord, and there can be no aspect of our life which is not impacted by our relationship with him.