

Confidence in God

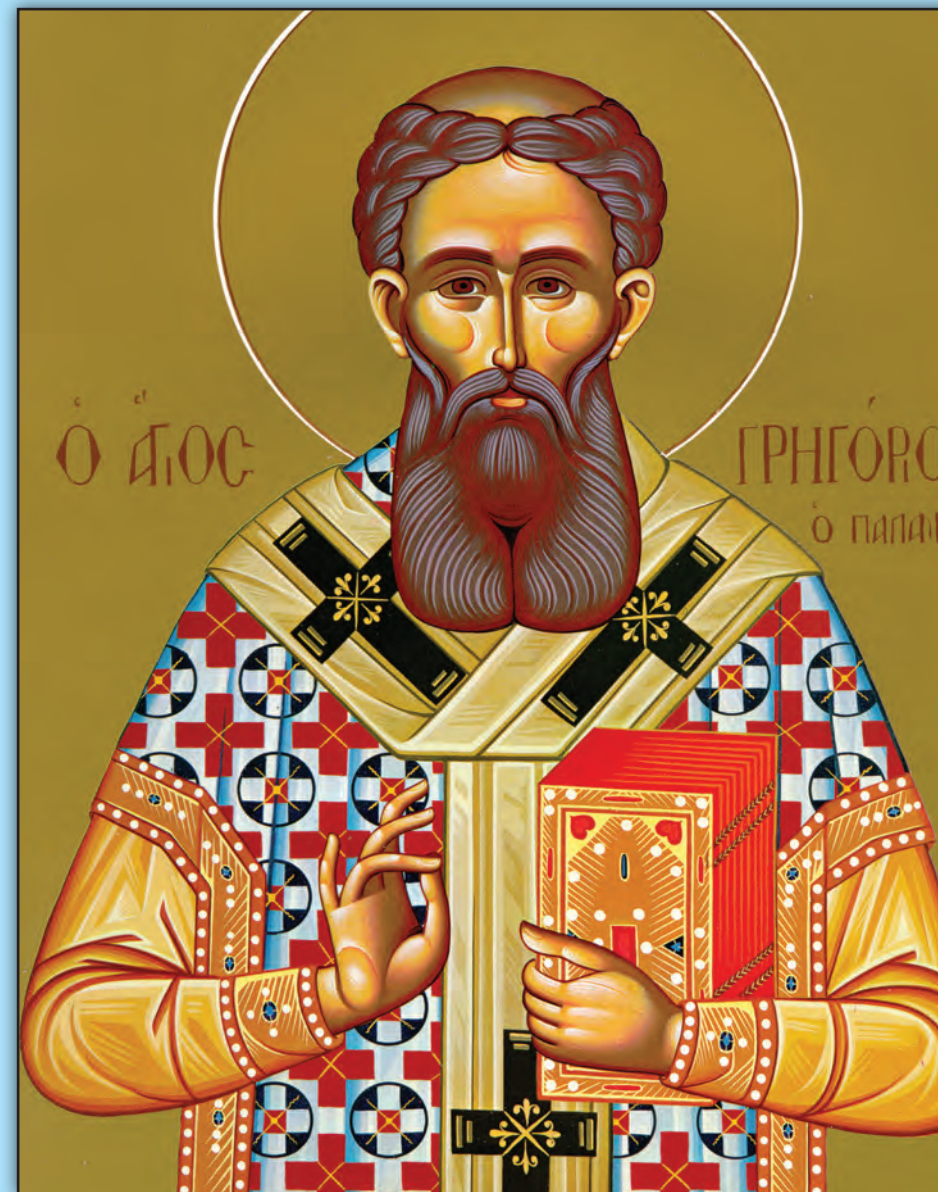
A story is told of a very tired traveler who came upon the banks of a river. There was no bridge by which he could cross. It was winter, and the surface of the river was covered with ice. He wondered whether or not the ice would bear his weight. Finally, after much hesitation and fear, he got down on his knees and began, very cautiously, to creep across the surface of the ice, hoping that the ice would support him.

When he was about halfway across the river he heard the sound of bells behind him. From the other side of the river there came a sled filled with people and pulled by four horses. They whisked across the frozen river, passing right by the traveler who was still crawling across the river on his hands and knees.

This story illustrates how some people go through life. Some stand on the banks of indecision, unable to make up their minds about the course to take. Others crawl along in constant fear, unable to find the courage to carry a cross or face a challenge. There are those, however, who allow their Faith to be their guide. They face challenges, problems, and uncertainties knowing that God directs every step.

When we face rivers of difficulties, we do not have to be indecisive, nor do we have to creep through life in fear. God has promised to help, and with God's help we can make our way to the other side, safely.

SECOND SUNDAY OF THE GREAT FAST SUNDAY OF GREGORY PALAMAS



Icon of Saint Gregory Palamas

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 – March 13, 2022

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

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 March 13 9:00 a.m. 11:30 a.m.	Second Sunday of the Fast- St. Gregory of Palamas (+Charitina Lytwyn Michalczyk Family) (For the Parish)
Friday March 18 6:00 p.m.	Presanctified Liturgy (Blessings for John M Fedack from Ruth)
Saturday March 19 10:00 a.m.	(Sorokousty)
Sunday March 20 9:00 a.m. 11:30 a.m.	Third Sunday of the Fast- Veneration of the Cross (For the Parish) (+Stepan Chalupa from Family)

THE GREAT FAST IS HERE – A TIME FOR PENANCE AND METANOIA

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

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 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.

God With Us Catechism

The Faith of the Many sufficed for the Healing of the One

Today we hear the beautiful story of the healing of the paralytic who was brought by his friends through the roof of a building to Jesus, because they could get to him otherwise with the crowds. The Gospel tells us that the occasion for the healing of the paralytic, the reason why Jesus healed him, was that he saw “their faith.” How powerful faith is! Faith not only has the power to unite us to Christ (as we noted last week), but can also save those for whom we intercede. All of us struggle in the faith; all of us stumble and become distracted by the enticements of the world. But if we are surrounded by faithful friends, we can be held up, and even saved from spiritual danger by them. Choosing good friends, then, is very, very important. They will either lead us to Christ, as the friends of the paralytic did, or they will lead us away from the Lord and endanger our salvation.

Come to Church - Come to Confession - Come to Holy Communion

The Time Is Now

+Pray for Ukraine+