

The Greatest Act of Love

During the Second World War, an American prisoner of war held captive in a prison camp was sentenced to railroad repair detail. When the day's work had ended, the tools were counted and one shovel was reported to be missing. The officer in charge of the guards insisted that it had been stolen to attempt escape. Infuriated, the officer denounced the men and demanded that the guilty one step forward to accept his punishment. When no man came forward, the officer's rage had reached the heights of violence and he threatened to kill everyone on the work detail! To show that he meant what he said, he had one of the guards cock his rifle and aim it at the first man in line. At this point, one of the prisoners stepped forward and said calmly, "I did it."

The officer ordered the prisoner to be beaten in front of the other prisoners. When they had finished beating him, the prisoner remained standing at attention when the officer gave the order to execute him. The men of the work detail picked up their friend's body and marched back to camp to bury him. When the tools were counted at the guardhouse, it was discovered that no shovel was ever missing.

Our Lord Jesus Christ tells us, "No greater love can there be than this: to lay down one's life for one's friends. You are my friends if you do what I command you to do." (John 15:13-14) The Cross of our Lord is a sign of His love for us. Let us venerate with great joy this enduring symbol of God's covenant with us!

THIRD SUNDAY OF THE GREAT FAST SUNDAY OF THE EXALTATION OF THE HOLY CROSS



Icon of the Exaltation of the Holy Cross

UKRAINIAN CATHOLIC NATIONAL SHRINE OF THE HOLY FAMILY

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Pastoral Care entrusted to:

Father Robert Hitchens

Father Wasyl Kharuk

Sunday – March 20, 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 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)
Friday March 25 6:00 p.m.	At Parish – Annunciation of the Mother of God (For the Parish)
Saturday March 26 10:00 a.m.	(Sorokousty)
Sunday March 27 9:00 a.m. 11:30 a.m.	Fourth Sunday of the Great Fast - St. John Climacus (For the Parish) (+Mykola Tsaruk from the Mulvey 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.

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

WHY IS THE CROSS THE SIGN OF OUR SALVATION?

In the Gospel today, we hear Jesus' teaching that if someone wants to follow Him, he must "deny himself, and take up his cross." Why is self-denial and the cross the necessary "road" which the followers of Jesus must walk if they are going to find eternal life? The key which unlocks the answer to the mystery of the cross is found in Saint Paul's epistle proclaimed in the Church today. "For we have not a high priest unable to pity our weaknesses, but one tried as we are in all things, save sin." When Jesus was born of the Ever-Virgin Mary, he took to himself all that we are, except sin. And when he did this, he embraced the totality of our humanity, even the effects of sin. Yes, the Word of God united himself to all that we had become – to our tears, to our sorrow, to our sickness, and even to our death. And in this act of total love he redeemed and lifted up our fallen state as a way of salvation. Because God has been united to our life in every way except sin, our difficulties, challenges, hardships, sicknesses, and even our death have become the road to everlasting life. In them, we meet God himself. "Take up your cross, and you will find me," Jesus says to us today. Unlike Adam who sought to gain eternal life through the fulfillment of his own desires, Jesus says to us today, "follow me" and "deny yourself" and you will find joy through the tears of this world. The cross, then—the cruel instrument of Roman torture and death; the instrument used to murder Jesus—is for us the sign of the depth and breadth of God's love. It is the total embrace of our humanity.

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

The Time Is Now

+Pray for Ukraine+