

Taking Up the Cross

Whatever is commanded through evangelical precepts is undoubtedly related to the cross, as the Lord Himself proclaims: "Whoever will come after me let him deny himself and take up his cross daily and follow me." To be sure, this cross is rightly called "holy to the Lord," because the world, which until then had been profaned, is blessed by it

Paint this sign of your life ... as if on your forehead; also imprint it no less on the threshold to your heart, so that when the avenging angel perceives this he will not delay to pass over without causing you injury. Let these phylacteries hang before your eyes without ceasing, let these marks brand your body on every side, just as the Apostle testified concerning himself: "I," he said, "bear

the marks of Jesus in my body."

Break the body with fasts, abstain from your own desires, submit yourself in very prompt devotion to the command of another's order, let the modest judgment of silence check the impudent remarks of an insolent tongue, let the charms of droll speech not break out, let the rigor of severe continence tear out the illicit motions of the carnal passions, so that for you who die now with Christ of your free will, the heavier His cross is observed to be in your ... life, the more fully the glory of his Resurrection will accrue to you.

St. Peter Damian

**For more information on Eastern spirituality, visit
www.ecpubs.com**

THIRD SUNDAY OF THE GREAT FAST VENERATION OF THE HOLY CROSS



Icon of the Elevation of the Holy Cross

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

Webpage: www.ucns-holyfamily.org

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

Pastoral Care entrusted to:

Father Robert Hitchens – Administrator

Father Andrii Chornopyskyi – Parochial Vicar

Sunday – March 12, 2023

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/>

Sunday March 12 9:00 a.m. 11:30 a.m.	Veneration of the Holy Cross (+Charitina Litwyn from Family) (For the Parish)
Friday March 17 6:00 p.m.	Liturgy of the Presanctified Gifts (Blessings for John M Fedack from Ruth)
Saturday March 18 10:00 a.m.	Divine Liturgy (Sorokousty)
Sunday March 19 9:00 a.m. 11:30 a.m.	St. John Climacus (For the Parish) (+Myklola and +Hermina from the Kerda Family)

THE GREAT FAST – 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 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. 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 2023.**

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

SPIRITUAL REGULATIONS FOR THE GREAT FAST 2023

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: Abstention from meat and all dairy products on Good Friday. Abstention 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 Abstention 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.

EASTER BAZAAR 2023 PREPARATION – SATURDAY MARCH 18 AND MARCH 25

We will hold two sessions in preparation for the Easter Bazaar. **The first session** is to make varenyky, both potato and sauerkraut. We will start at 10AM – 1PM and 2PM – 5PM. on Saturday March 18. **The second session** is to make holubtsi and nalysnyky. We will start after the 10:00 a.m. Divine Liturgy for the Annunciation on Saturday March 25. Please sign-up with Nusia Kerda.

NEWCOMERS (REFUGEES AND OTHERS) - HOW DO WE HELP? TODAY SUNDAY MARCH 12

Join us for a conversation with Marta Rubel, Social Outreach Director for the Archeparchy of Philadelphia, on March 12, 2023, following the 9:00 am and 11:30 am Liturgies.

Prayer List

Our prayer list of the sick or elderly and friends of our parish: **Theresa Aranda, Liana Arnold, Valarie Balthis, Charles Belanger, Barbara Blendy, Bluey Family, Yevhenia Borys, Terry Boyle, Taisia Bullard, Robert Matthew C., Mary Connors, Veronica Cosio, 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, Sarah Kelt, Dorothy Kozmoski, Suzanne Krumpelman, Mr. Marko, Michael Joseph Little, Michele Pretka Litvar, Yaroslava L., Mufada and Family, Sallie Miller, John Moeller, Deborah Pickering, Alexandra Pohorecka, Ron#119, Michael Joseph Radigan, Roman Rusynko, Lisa Schaible, Christopher Sell, Michael Sharr, Shliakhta Bogdana, Shliakhta Mark, Shliakhta, Andrew, Larry Sosnowich, Lindsey Sydnor, Thomas Sydnor, Stefania Szahaj, Helen Lefcheck Torre, Lisa Pretka Turner, Gloria and Luis Vega, Anne Woroniak, Rose Wilson, Jennifer Wilson, Paul Yarrish.** 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.