

A Sacrifice to God is a Contrite Spirit

I acknowledge my transgression, says David. If I admit my fault, then you will pardon it. Let us never assume that if we live good lives we will be without sin; our lives should be praised only when we continue to beg for pardon. But men are hopeless creatures, and the less they concentrate on their own sins, the more interested they become in the sins of others. They seek to criticize, not to correct. Unable to excuse themselves, they are ready to accuse others. This was not the way that David showed us how to pray and make amends to God, when he said: I acknowledge my transgression, and my sin is ever before me. He did not concentrate on others' sins; he turned his thoughts on himself. He did not merely stroke the surface, but he plunged inside and went deep down within himself. He did not spare himself, and therefore was not impudent in asking to be spared.

Do you want God to be appeased? Learn what you are to do that God may be pleased with you. Consider the psalm again: If you wanted sacrifice,

I would indeed have given it; in burnt offerings you will take no delight. Are you then to be without sacrifice? Are you to offer nothing? Will you please God without an offering? Consider what you read in the same psalm: If you wanted sacrifice, I would indeed have given it; in burnt offerings you will take no delight. But continue to listen, and say with David: A sacrifice to God is a contrite spirit; God does not despise a contrite and humble heart. Cast aside your former offerings, for now you have found out what you are to offer. In the days of your fathers you would have made offerings of cattle – these were the sacrifices. If you wanted sacrifice, I would indeed have given it. These then, Lord, you do not want, and yet you do want sacrifice.

A sacrifice to God is a contrite spirit; God does not despise a contrite and humble heart. You now have the offering you are to make.

St. Augustine of Hippo

CHEESEFARE SUNDAY



Icon of Christ the Teacher

UKRAINIAN CATHOLIC NATIONAL SHRINE OF THE HOLY FAMILY

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Pastoral Care entrusted to:

Father Robert Hitchens – Administrator

Father Mykola Dziurakh – Parochial Vicar

Sunday – March 2, 2025

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

Confessions are available before the Divine Liturgies

All Services will be Live Streamed at 9:00 AM and 11:30 AM

Platform: <https://www.facebook.com/holyfamilyshrine/>

Saturday March 1 5:30 p.m.	Great Vespers
Sunday March 2 9:00 a.m. 11:30 a.m. 6:00 p.m.	Sunday of Forgiveness - Cheesefare (For the Parish) (+Stefan Chalupa from Family) Lenten Vespers of Forgiveness
Wednesday March 5 **7:00 p.m.**	Liturgy of the Presanctified Gifts
Friday March 7 **5:00 p.m.**	Liturgy of the Presanctified Gifts (Living of the Nagurney-Medwid Family from Irene)
Saturday March 8 10:00 a.m.	Divine Liturgy (Sorokousty)
Saturday March 8 5:30 p.m.	Great Vespers
Sunday March 9 9:00 a.m. 11:30 a.m.	Sunday of Orthodoxy (For the Parish) (+Deacon Theophil from Family)

THE GREAT FAST BEGINS – MONDAY MARCH 3 – A TIME FOR PENANCE AND METANOIA

The Great Fast begins Monday, March 3. 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 **Wednesdays at 7:00 p.m. (English and Ukrainian)** and on **Fridays at 5:00 p.m. (English)** in our Church. 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**. All parishioners are urged to resolve to make their best effort to attend at least **5** of these sacred services during the Great Fast, especially those in which we remember our deceased loved ones. All must attend the Divine Liturgy on Sundays.

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

SPIRITUAL REGULATIONS FOR THE GREAT FAST 2025

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 Monday the First Day of The Fast and 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.

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

PLEASE SUBMIT YOUR SOROKOUSTY 2025 (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. The Great Fast begins on Monday March 2 in 2025. 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 8 at 10:00 a.m. 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 by email or US Mail. An offering is customarily made for the priests

JOIN US ON SUNDAY MARCH 9 FOR AN OPEN HOUSE OF NEW THE SAINT GABRIEL INSTITUTE

The fellows of the new St. Gabriel Institute of Diplomacy at St. Josaphat Seminary invite you to join them for an open house and refreshments after both Liturgies on Sunday March 9. Please make your way to the seminary after Liturgy next Sunday.

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, Mary Connors, Veronica Cosio, Darlene Dossick, Solomia Dutkewych and Theresa, Ruth Fedack, Bernard F, Ferne Fisanich, Myroslava Futey, Lilian Garland, Thomas Gutmann, H.H., Josie Hacker, Catherine Hetmansky, Vanessa Hetmansky, Bernadell Rita Higgins, Ellen Hitchens, Janet Hitchens, Daniel Horeczko, Boris Hlynsky, Nila Iwaskiw, Bohdan Kantor, Sarah Kelt, LTJG Lydia Kowalskyj USN, Dorothy Kozmoski, Suzanne Krumpelman, Mr. Marko, Melissa Martin, Paul Marynowych, Michele Pretka Litvak, Yaroslava L., Mufada and Family, Sallie Miller, John Moeller, Deborah Pickering, Alexandra Pohorecka, Patricia Pylypec, Ron#119, Michael Joseph Radigan, Roman Rusynko, Lisa Schaible, Christopher Sell,, Teresa Sherwood, Shliakhta Bogdana, Shliakhta Mark, Shliakhta, Andrew, Larry Sosnowich, Lindsey Sydnor, Thomas Sydnor, Stefania Szahaj, Lisa Pretka Turner, Gloria and Luis Vega, Anne Woroniak, Rose Wilson, Fr. George Worschak, and 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.