

Let Your Prayer Come from a Humble Heart

When we pray, our words should be calm, modest and disciplined. Let us reflect that we are standing before God. We should please Him both by our bodily posture and the manner of our speech. It is characteristic of the vulgar to shout and make a noise, not those who are modest. On the contrary, they should employ a quiet tone in their prayer.

Moreover, in the course of His teaching, the Lord instructed us to pray in secret. Hidden and secluded places, even our own rooms, give witness to our belief that God is present everywhere; that He sees and hears all; that in the fullness of His majesty, He penetrates hidden and secret places. This is the teaching of Jeremiah: Am I God when I am near, and not God when I am far away? Can anyone hide in a dark corner without my seeing Him? Do I not fill heaven and earth? Another passage of Scrip-

ture says: The eyes of the Lord are everywhere, observing both good and wicked men.

The same modesty and discipline should characterize our liturgical prayer as well. When we gather to celebrate the divine mysteries with God's priest, we should not express our prayer in unruly words; the petition that should be made to God with moderation is not to be shouted out noisily and verbosely. For God hears our heart not our voice. He sees our thoughts; He is not to be shouted at. The Lord showed us this when He asked: Why do you think evil in your hearts? The Book of Revelation testifies to this also: And all the churches shall know that I am the one who searches the heart and the desires.

St. Cyprian of Carthage

FIRST SUNDAY OF THE GREAT FAST SUNDAY OF ORTHODOXY MEMORY OF THE HOLY PROPHETS



Icon of the Holy Images

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 9, 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 8 10:00 a.m. 5:30 p.m.	Divine Liturgy (Sorokousty) Great Vespers
Sunday March 9 9:00 a.m. 11:30 a.m.	Sunday of Orthodoxy (For the Parish) (+Deacon Theophil from Family)
Wednesday March 12 **7:00 p.m.**	Liturgy of the Presanctified Gifts
Friday March 14 **5:00 p.m.**	Liturgy of the Presanctified Gifts (Deceased of the Nagurney-Medwid Family from Irene)
Saturday March 15 10:00 a.m. 5:30 p.m.	Divine Liturgy (Sorokousty) Great Vespers
Sunday March 16 9:00 a.m. 11:30 a.m.	Second Sunday of the Fast (+Charitina Litwyn from Family) (For the Parish)

JOIN US TODAY 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 Today. Please make your way to the seminary after Liturgy.

THE GREAT FAST BEGINS – 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 **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.

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 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. 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

CATECHISM CLASSES FOR CHILDREN AGES 3-5

Catechism classes will be held from 10:15-11:15 am on Sunday. Please mark these dates for the first semester: March 9, 23, April 6, 27, May 4, 18.

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, Robert Dulaine, 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.