

Advice for Christian Living

Let everything you do be done for God, both deeds and words. Refer all that is yours to Christ. Constantly turn your soul to God; and put your thought on the power of Christ, as if in some harbor by the divine light of the Savior it were resting from all talk and action. And often by day speak your thoughts to men, but most of all to God at night as well as by day. Don't let too much sleep keep you from your prayers and hymns to God, since long sleep is a rival of death. Show yourself always a partner of Christ, who makes the divine ray shine from heaven. Let Christ be to you continual and unceasing joy.

Do not relax the tension of your soul with feasting and drunkenness, but consider what is needful to be enough for the body. And do not rush early to meals, before the time for dinner comes; but let your dinner be bread, and let earth's grasses and the ripe fruits of trees be set before you; and go to your meal with composure, showing no sign of raging gluttony. In place of such

pleasures, choose the joys that are in divine words and hymns, joys supplied to you by wisdom from God; and let heavenly meditation ever lead you upward to heaven.

And give up the many anxious cares about the body by taking comfort in hopes toward God; because for you He will provide enough of all the necessary things: food to support life, covering for the body, and protection against winter cold. For to your King belongs the whole earth and all that is produced from it; and God treats the bodily parts of His servants with exceeding care, as if they were His, like His own shrines and temples. On this account do not dread severe diseases, nor the approach of old age, which must be expected in time; for even disease will come to an end, when with wholehearted purpose we do His commandments.

St. Clement of Alexandria

NINETEENTH SUNDAY AFTER PENTECOST



Icon of Saint Hierotheus, Bishop of Athens -- October 4th

UKRAINIAN CATHOLIC NATIONAL SHRINE OF THE HOLY FAMILY

4250 Harewood Road NE Washington, DC 20017

Phone: 202-526-3737

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 Mykola Dziurakh – Parochial Vicar

Sunday – October 4, 2026

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

Confessions are available before the Divine Liturgy

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

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

Saturday October 3 5:30 p.m.	Great Vespers
Sunday October 4 9:00 a.m. 11:30 a.m.	(For the Parish) (+Teodor Herman from the Kulchytskyy)
Wednesday 7 9:00 a.m.	(+Mary Groner from Ann Marie Gogniat)
Thursday 8 9:00 a.m.	(+Father Michael Dusterhaus from Friends)
Friday October 9 9:00 a.m.	(Blessinga for Victoria from the Serbyn Family)
Saturday October 10 5:30 p.m.	Great Vespers
Sunday October 11 9:00 a.m. 11:30 a.m.	(+Cathleen Jacobson) (For the Parish)

FIRST CONFESSION 2027 PREPARATION – ARE IN SESSION

This year, preparation for First Confession will begin on Sunday September 27. Classes will still be held on Sundays. As is the tradition in our parish, First Confession will be celebrated on Lazarus Saturday (March 20, 2027). All children must attend Divine Liturgy with their families on a weekly basis during their preparation. The FALL SEMESTER class schedule is as follows: October 4, 18, 25; November 1, 8, 15, 22; December 6, 13. If you have children of First Confession age in your family (age 7+), who have not yet received the sacrament, please contact Olya Mulvey at olya.kroytor@gmail.com to register or learn more.

LOWER CHURCH BATHROOMS RENOVATION PROJECT 2026

LATEST UPDATE IS THAT WE AWAIT THE REVIEWS WITH DC GOVERNMENT. MORE INFORMATION WILL BE SHARED AS WE GET IT. PLEASE KEEP THE DONATIONS COMING.

HOLY FAMILY CHOIR - SUNDAY PRACTICES STARTING OCTOBER 4

Mark your calendars for Sunday practices starting October 4, in preparation for singing the Christmas Liturgy. Practices will be conducted promptly at 10:30AM between the two Divine Liturgies. New members ALWAYS welcome. We will be learning pieces in both Ukrainian and English, with English transliteration provided for Ukrainian text. We hope to see huge turn-outs of dedicated choristers from now until Christmas – only 12 Sundays away! Contact Larysa Kurylas at lakurylas@gmail.com for additional information.

PRAYER LIST

Our prayer list of the sick or elderly and friends of our parish: **Theresa Aranda, Liana Arnold, Valarie Balthis, Melanie Bebak, Barbara Blendy, Bluey Family, Yevhenia Borys, Terry Boyle, Taisia Bullard, Helen and Judge Robert Cheloc, Mary Connors, Veronica Cosio, Darlene Dossick, Robert Dulaine, Solomia Dutkewych, Theresa, Ruth Fedack, Bernard F, Myroslava Futey, Lilian Garland, Thomas Gutmann, H.H., Josie Hacker, Robert Harnest, Catherine Hetmansky, Vanessa Hetmansky, Michele Henshaw, Bernadell Rita Higgins, Fr. Robert Hitchens, Boris Hlynsky, Daniel Horeczko, Nila Iwaskiw, Dorothy Kozmoski, Suzanne Krumpelman, Mr. Marko, Melissa Martin, Paul Marynowych, Dr. Louise Corle May, Irene Nagurney, Myron Nagurney Jr, Michele Pretka Litvak, Yaroslava L., Mufada and Family, Sallie Miller, John Moeller, Deborah Pickering, Alexandra Pohorecka, Patricia Pylypec, Ron#119, Michael Joseph Radigan, Ivanna Richardson, Roman Rusynko, Lisa Schaible, Christopher Sell, Teresa Sherwood, Shliakhta Bogdana, Shliakhta Mark, Shliakhta, Andrew, Larry Sosnowich, Lindsey Sydnor, Thomas Sydnor, Lorraine Stadnyk, Lisa Pretka Turner, Gloria and Luis Vega, 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.