



Holy Trinity and St. Anne Ukrainian Catholic Churches



Holy Trinity Church
526 West Rayen Avenue
Youngstown, Ohio 44502
E-mail: yngholytrinity@att.net
Website: www.holytrinityucc.com

Administrator:
Rev. Fr. Lubomir Zhybak
330-888-8881 (cell)
E-mail: zhybak@hotmail.com

Rev. Protodeacon Donald Billy

Administrative Assistant:
Dean Chance

St. Anne Church
4310 Kirk Road
Austintown, Ohio 44511
E-mail: yngholytrinity@att.net
Website: www.stanneucc.com

Office Hours: M-F in-person
by appointment only
Office: 330-744-5820
Social Hall/Pyrohy: 330-746-9528

Social Hall: 330-799-0084
Operations Manager: 330-792-8555

Confessions: Every Sunday
15 minutes prior to Divine Liturgy
(Other times available by appointment)

Confessions: Every Sunday
15 minutes prior to Divine Liturgy
(Other times available by appointment)

Sunday, March 5, 2023

2nd Sunday of the Great Fast

Tone: 6

Epistle: Hebrews 1:10-2:3

Gospel: Mark 2:1-12

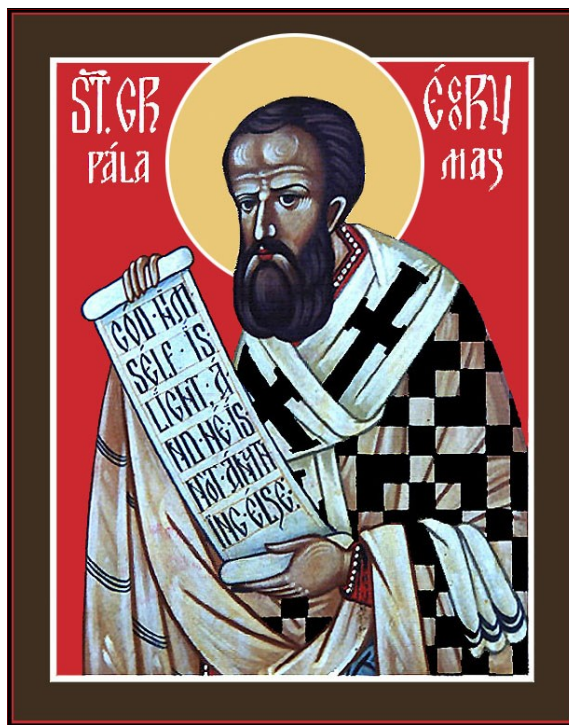
Liturgical Greetings

Greeting:

"Glory to Jesus Christ!"
"Slava Isusu Khrystu!"

Response:

"Glory Forever!"
"Slava Na Veeky!"



Next Sunday:

March 12, 2023

3rd Sunday of the Great Fast:
Veneration of the Holy Cross

Tone: 7

Epistle: Hebrews 4:14-5:6
Gospel: Mark 8:34-9:1

Source: Orthodox Church in America (oca.org). Used with permission.

2nd Sunday of the Great Fast: St. Gregory Palamas (March 5th)

Day:	Date:	Place:	Time:	Intention:	Offered/Requested By:	Cantor(s)/Reader(s):
2nd Sunday of the Great Fast: St. Gregory Palamas						
Sun	Mar 5	SA	8:30a	Divine Liturgy of St. Basil the Great in private intention(s)*		P. Nachim
		HT	10:30a	Praying of the Holy Rosary		J. Bodak
			11:00a	Divine Liturgy of St. Basil the Great for the Parishioners of Both Churches		J. Bodak
Mon	Mar 6	No Service				
Tue	Mar 7	HT	8:00a	Typica for the Deceased		J. Bodak
Wed	Mar 8	SA	5:00p	Divine Liturgy of the Presanctified Gifts for †Karen Kihm		J. Bodak/J. Billy
Thu	Mar 9	HT	9:00a	Typica for the Deceased		M. Woloszyn
Fri	Mar 10	HT	5:00p	Divine Liturgy of the Presanctified Gifts for Peace and Justice in Ukraine		Choir
Sat	Mar 11	HT	8:00a	All Souls Saturday - Divine Liturgy of St. John Chrysostom followed by Panakhyda for the Deceased		J. Bodak
3rd Sunday of the Great Fast: Sunday of the Veneration of the Holy Cross						
Sun	Mar 12	SA	8:30a	Divine Liturgy of St. Basil the Great in private intention(s)*		K. Scenna
		HT	10:30a	Praying of the Holy Rosary		J. Bodak
			11:00a	Divine Liturgy of St. Basil the Great for the Parishioners of Both Churches		M. Marczynsyn

*Fr. Lubomir Zhybak's private intention(s)

Prayer Requests

Holy Trinity Church: Ann Blazina, Andrea Curran, John Fecych, Ann Karnofel, Dan Malarcik, Yvonne Mudryk, James Pirko, Marie Schuller, and *the health of all of our parishioners*

St. Anne Church: Joseph Belasco, Joyce Budinsky, Carole Elias, Roger Elias, Susan Kurtiak, Fr. Ignatius, Louis Mancini, Margaret Rodomsky, Al Stevens, Ann Stevens, Josie Timlin, Helen Yurchison, and *the health of all of our parishioners*

Clergy: Bishop Josyf Milyan, Fr. Louis, Fr. Jeff, and Msgr. Martin Canavan

Non-Parishioners: Kennedy Eater, Mark F., Dawn Howard, Yaroslava, Myroslava, Halyna, Petro, Nadiya, Mylan, Yaremiya, Zoryana, Mariya, Connor, Claire, Mark, Christine, Dave Kishton, Fr. Andrzej, Judy Lepore, Jimi Stevens, Carol Martyn Dow, Tonja Delaine, Joann Panko, Kateryna Bolshahova, Andriy Y., Michael Sweder, William J. Smith, Paul Antonchak, and Jim

Our very Best Wishes and Blessings to our dear Parishioners celebrating their life milestones this week.

Holy Trinity Church

Mar 9: Stella Kaszowski Mar 12: Irene Orynycz

St. Anne Church

Mar 12: Karen Scenna

Na Mnohaya ee Blahaya Leeta!

*****Important*****

In cases of an imminent death of a family member, please do not wait until the last minute for the pastor to administer last rites to the dying. Please call immediately. Thank you!

St. Anne Church Prayers Requested

You are kindly asked to remember and pray, in your charity, for the repose of the soul and the loved ones left behind for

†Sue Yourst Frank

May God grant **†Sue** Eternal Memory!

"Vichnaya Pamyat"

Prayer Group Welcomes the Public to Pray for Ukraine

A prayer group praying for Ukraine, which involves several individuals from our parishes, continues to meet weekly on Tuesdays at the Shrine of Our Lady Comforter of the Afflicted from 9:15-10:15a. You are both welcome and strongly encouraged to attend this group's weekly event.

As a reminder, the Shrine is located at 517 S. Belle Vista Ave. in Youngstown.

Holy Trinity Church Financials for the Week Ending February 26, 2023

Candle/Misc. Off:	\$59.00	Church/C&E Euro:	\$50.00
Weekly Offering:	\$855.00	Deposit:	\$1,089.00
Dues:	\$80.00	Attendance:	44
Sorokousty:	\$45.00		

МОЛІТЬСЯ ЗА УКРАЇНУ!

PRAY FOR UKRAINE!

My dear Friends,

Glory to Jesus Christ!

Blessed Second Sunday of Lent to all of you and your loved ones! I trust that my message found everyone well and sound and that you have been having a spiritually fruitful Lent.

As you know, during Lent as well as the first three days of the Holy Week, we celebrate in our Ukrainian Catholic Church **the Divine Liturgy of the Presanctified Gifts**, which I encourage all of you to attend, since Lent and Holy Week are the only times that we celebrate this beautiful Liturgy in our Church. Since there is no consecration of the bread and wine during the Liturgy, ordinarily, the Body of Christ used during this Liturgy is consecrated during the Divine Liturgy of St. John Chrysostom or St. Basil the Great the Sunday before. Consequently, during the Holy Communion time at the Liturgy of the Presanctified Gifts, the faithful receive only the Body of Christ that is mixed in the chalice with the wine, which is not the Blood of Christ. Hence, you still receive the Most Holy Eucharist during this Liturgy, namely the Body of Christ, which in the teaching of the Catholic Church contains inseparably the Body and Blood, Soul and Divinity of Our Lord and Savior Jesus Christ just like the Blood of Christ does, which means that our Lord is fully present in each of the species of the Most Holy Eucharist.

Sadly, the situation in Ukraine still remains grave. My native land is still under a heavy attack from the side of Russia and whoever else sides with it in this horrible war... So many victims, including innocent children... How much longer will this bloodshed last? Right now, the People of Ukraine are being crucified... in fact, it is Christ Himself Who is being crucified again... Yet, life does not end with death! After the crucifixion and death comes resurrection! The resurrection will come for Ukraine as well! Our risen Lord continues to embrace all people, who grieve due to having lost their loved ones because of the war in Ukraine, asking them to have faith in Him and not be afraid, for one day they will see their loved ones again, as this is a temporary absence. Jesus is telling the whole world just as He addressed His beloved friend Lazarus' sister Martha before Christ brought Lazarus back to life: "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. Do you believe this?" (John 11:25-26 (NRSVCE)). Lord Jesus, we believe in You, give us life eternal!

In the meantime, let us continue to **pray and act for the end of the war in Ukraine as well as for the conversion of Ukraine's aggressors** and, as a Ukrainian citizen, I'd like to tell all of you: THANK YOU FOR YOUR SUPPORT OF OUR SUFFERING BROTHERS AND SISTERS IN UKRAINE! Ukraine direly needs our help right now! If you would like to **help financially** your brothers and sisters in Ukraine, please **see a separate notice in the bulletin of how you can help**. No amount is too small, yet please be generous, and I thank you in advance for your munificence! May our Good Lord reward you manifold for it in this life and in the life to come!

In the past Sunday's bulletin, we posted the last **card of the ones made by last school year's 7th and 8th grade students of St. John School in Ashtabula, OH in support of Ukraine** that we published in our bulletin between March of last year and February of this year. However, after I informed Mrs. Kim Porter, one of the school teachers that sent the cards to us last year, that I forwarded the cards to our bishop, who took them to Ukraine on his recent trip to the country, we recently received, to my surprise, more cards from the current school year's 7th and 8th graders of St. John School that came with a letter from Mrs. Porter. Hence, we likewise are planning on posting these cards in our weekly bulletins one card per week until we post them all starting with this Sunday's bulletin. Consequently, on behalf of all of our parishioners, I am very grateful to Mrs. Porter and the kids for all of their prayers as well as for this beautiful gesture of continuing support during this difficult time for us, and I responded to Mrs. Porter and the students on behalf of all of us with a thank-you letter. However, if you would like to send a personal note to Mrs. Porter and the kids, you may do so by writing to:

**Mrs. Kim Porter and 7th & 8th Graders
Saint John School
7911 Depot Road
Ashtabula, OH 44004**

Thank you!

Heartfelt congratulations to the following members of **St. Anne Church's Pastor's Advisory Council (PAC)**, whom I

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voted and nominated as members of the PAC for the term of three years (till March 5, 2026) and whose renewed mandate has been recently approved by Bishop Bohdan J. Danylo (see the letter in the bulletin); **Mrs. Diane Rogers'** mandate was not renewed due to some personal circumstance and **Mr. Robert Rapovy** continues to be a PAC member as his membership expires on February 22, 2024:

Mrs. Diane Behmer

Mr. Brian Chadwick

Mrs. Leda Kasnevich

Mr. Nicholas Mamrich

Mrs. Karen Scenna

Mr. Fred Yasnowski

Mrs. Lillian Yasnowski, Secretary

I thank Mrs. Diane Rogers for her past service on the PAC, I thank **Mrs. Leda Kasnevich** for joining the PAC, and I thank and wish all the PAC members our Lord's copious blessings in their generous service to the Church! Thank you all!

- If any of you, who are homebound, would like to participate in the **Holy Sacraments**, kindly call the parish office at 330-744-5820 to make arrangements.
- I would like to encourage you to pray (*daily if you can*) the prayers from the **Prayer Corner**.
- If you would like to include your deceased loved ones in the liturgical services on **All Souls Saturdays** this year (**March 11th, March 18th, and May 27th**) as well as in the services and prayers for the deceased during Lent (**Sorokousty**), kindly provide their names to me (please print/type clearly).
- Please keep in your prayers the soul of St. Anne Church's parishioner, **Sue Yourst Frank** who died on February 27th of this year at the age of 96 in North Lima, OH and whose funeral services took place on March 3rd at St. Anne Church (private interment will take place at a later date); please also pray for all the loved ones she left behind (Kinnick Funeral Home: <https://www.kinnickfuneralhome.com/obituary/Sue-YourstFrank>). Thank you! Eternal memory! Вічна пам'ять!
- We have **Super Cash Bonanza charity tickets** from the Ohio State Council of the Knights of Columbus for sale. They are \$5.00 each (over \$108,000.00 in cash prizes) and all proceeds will be used towards local charities. For every ticket sold in our two parishes, \$3.00 will go to the Knights of Columbus and \$2.00 will be kept by a parish. **Please purchase your tickets by May 9th; drawing date: May 20th**. Please consider buying them as both of our parishes can benefit from it. Thank you! For more information online, please go to: <https://kofcoho.org/programs/super-cash-bonanza/>.
- We are continuing collecting certain needed items at both parishes for a local branch of the **Society of St. Vincent de Paul**. You'll find a special box for the items at each church. Please be generous and thank you for your benevolence! **Thank you also to those who already donated the needed items!** If you would like to make a monetary donation, you may do so either online at <https://www.mahoningsvdp.com/product-category/donation-levels/> or by mailing your check to:

Mahoning County St. Vincent de Paul Society, P.O. Box 224, Youngstown, OH 44501

The organization likewise offers volunteering opportunities. For more information, please go to <https://www.mahoningsvdp.com/> or call (330) 333-3601.

- Let's continue to **keep in our prayers all people who are on the prayer lists, especially the sick**. May our Triune God: The Father, The Son, and The Holy Spirit bless all of them through the intercession of His and our Most Holy Mother and all the Holy Angels and Saints!
- Our weekly bulletins are available online at both churches' websites (www.holytrinityucc.com and www.stanneucc.com). Thank you!
- Furthermore, I would like to thank those of you, who have been sending us your donations. If you still cannot come to your parish church at this time, please continue to support it by sending us your weekly donations to each respectful church (see the church addresses in the bulletin) and I thank you very much for your support of our parishes!
- Should there be anything else that needs my or Dean's attention, please let us know at once.

May our Triune Lord: The Father, The Son, and The Holy Spirit continue to bless all of us in the world! May He help us stop all wars and conflicts on earth, especially the current war in Ukraine! May He protect everyone who is on the front lines defending his or her country's freedom! May He convert the hearts of all aggressors in the world! May He rest in peace the souls of all people on earth, who already died from these wars and conflicts, giving consolation to the families, relatives, and friends they left behind! Likewise, may our Lord protect each of us from all illnesses, especially the coronavirus

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disease! May He heal all the people in the world, who are infected with it! May He protect all people on earth who are on the front lines in the fight against it as well as everyone who works in public places! May He rest in peace the souls of all people in the world, who died from this and other diseases, giving consolation to the families, relatives, and friends they left behind! May our Lord our fill your hearts and the hearts of your loved ones with the authentic joy and peace that only He can give and may He always protect all of us here in America as well as our beloved people of Ukraine, helping us to end the war there! Let us present all of these petitions to our Lord through the intercession of the Most Holy Theotokos and all the Holy Angels and Saints!

Have a blessed Sunday, blessed week, and a spiritually fruitful Lent! May our Lord always bless America, Ukraine, and the rest of the world!

Слава Ісусу Христу!

With prayers in the Triune Lord and the Theotokos,

Fr. Lubomyr



Українська Католицька Єпархія св. Євщм. Йосафата у Пармі

Ukrainian Catholic Eparchy of Saint Josaphat in Parma

30/23 CH

No.
Please prefix this number to your reply

February 24, 2023

Rev. Lubomyr Zhybak
4310 Kirk Road
Austintown, OH 44511

Dear Father Lubomyr,

Glory to Jesus Christ!

Thank you for your letter dated February 20, 2023 regarding the Pastor's Advisory Council at Saint Anne Ukrainian Catholic Church in Austintown, OH.

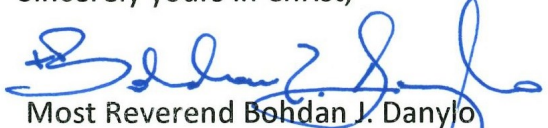
I am happy to confirm the following members of that body:

Mrs. Diane Behmer	Mrs. Karen Scenna
Mr. Brian Chadwick	Mr. Fred Yasnowski
Mrs. Leda Kasnevich	Mrs. Lillian Yasnowski, Secretary
Mr. Nicholas Mamrich	

May the good Lord bless your parish community's endeavors as you work together to build up the Kingdom of God!

With best wishes, I remain,

Sincerely yours in Christ,


Most Reverend Bohdan J. Danylo
Bishop of St. Josaphat in Parma



Українська Католицька Єпархія св. Євщм. Йосафата у Пармі
Ukrainian Catholic Eparchy of Saint Josaphat in Parma

February 23, 2023

Protocol Number: 035/22 S

Benefactors of the "Aid to Ukraine" Special Concert
c/o St. Anne Ukrainian Catholic Church
4310 Kirk Rd.
Austintown, OH 44511

Dear Friends in Christ:

Glory to Jesus Christ!

Thank you for your recent gift of \$12,281.20 to the Ukrainian Catholic Eparchy of Saint Josaphat in Parma to assist our brothers and sisters in Ukraine. Your gift will be used to help the poor, the suffering and orphans in Ukraine and those who have fled in recent days to neighboring countries as refugees of war.

The tragic events in Ukraine have shaken us to the core. Yet again, our peace-loving ancestral homeland has been forced to defend herself against violence and oppression. It is heartbreaking to see our friends, family, brothers and sisters in Ukraine suffering bloodshed, hiding in subway stations and fleeing their homes.

Your generous financial assistance, and your prayers, are very meaningful and helpful in this time of need. We published a list of the people and institutions that are helped with assistance through the Eparchy on our website.

Thank you again for your help! May God bless you for your support.

With prayerful best wishes, I remain

Gratefully yours in Christ,


Most Reverend Bohdan J. Danylo

*Dear Friends of Ukraine
Thank you for your
generous support.
The people of Ukraine
as church is thankful for
your prayers and assistance
Let us pray for victory
and peace in Ukraine!*

This letter serves as a receipt to the recipient named above for the amount stated above.

No goods or services were provided in consideration for this gift.

The Internal Revenue Service recognizes the Ukrainian Catholic Eparchy of St. Josaphat in Parma as a tax-exempt organization.

Contributions are tax-deductible to the extent of the law under IRS Code Section 501(c)(3).

Please consult your tax advisor.



Change a Life.

BECOME A SPONSOR

SPONSORS PROVIDE

- signatures on an I-134
- housing and transportation
- access to food, basic needs, and benefits
- supports the transition to independence
- assist with school enrollment, healthcare, etc.
- help to identify employment opportunities
- community and hospitality

REASONS TO SPONSOR

- save lives
- one-on-one personal matching with the aid of an experienced NA4U Sponsor Coordinator
- no legal liability for signing the I-134
- expedited access to work authorizations and state benefits like healthcare and food assistance
- NA4U's partnership with SP4U (Safe Passage for Ukraine) to provide free flights for women and children

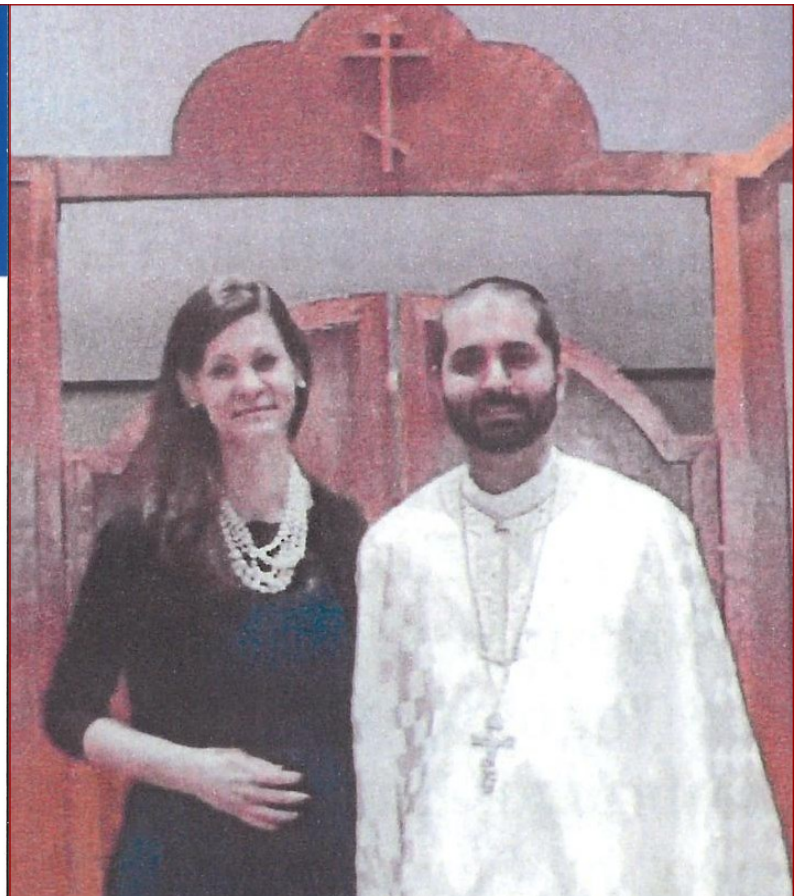
*"Last week, my daughter and I flew to America. We found our sponsor thanks to your group, and we are sincerely grateful to everyone that supported us on this difficult path."
-Elena T.*

MISSION STATEMENT

North America for Ukraine (NA4U) is bridging the gap for resettlement support in the United States and Canada. NA4U is working to provide assistance with the immigration process, sponsor and host matching, and resources. Our goal is to support Ukrainians and sponsors through the entire process of resettlement.

Facebook: North America for Ukraine
Instagram: @northamericaforukraine

Email: info@NA4Ukraine.org
Website: na4ukraine.org



Saints Peter and Paul Ukrainian Catholic Church

404 6th Street

Ambridge, Pennsylvania

3-Day Lenten Mission - March 20-22, 2023

The Holy Eucharist: The Medicine of Immortality

Presented by Rev. Joseph Matlak and Mrs. Katie Matlak

Monday, Tuesday, and Wednesday:

*Eucharist Akafist each evening at 6pm

*Confessions each evening before and after service

*Monday and Tuesday:

religious articles for sale in Millennium Room

*Wednesday evening

light social after closing service in Millennium Room

Society of St. Vincent de Paul Collection

Both Holy Trinity and St. Anne Churches are continuing to take collections for the Society of St. Vincent de Paul's soup kitchen. Bins with appropriate signage are located near the atriums of each church. While all items are acceptable and appreciated, high-use items sought by the kitchen are *canned vegetables, instant mashed potatoes, peanut butter, grape jelly, and crackers of any type*. This collection will continue indefinitely. For those with questions or seeking more information, collection representatives at Holy Trinity Church are **Tyler McBride** and **Jonie Bodak** while **Brian Chadwick** and **Michael Jordon** are leading the drive at St. Anne Church.



Sts. Peter & Paul - "BEST BINGO IN TOWN"
1025 N Belle Vista Ave, Youngstown OH



In addition to our **Monday Bingo**
we will also have



BINGO
FOR UKRAINE



EVERY WEDNESDAY IN MARCH

Great Prizes **Food** **New LED Lights Installed**
Music

at 6:45 – COME JOIN US FOR THE GAME

All profit from Wed Bingos will go for the Humanitarian Aid for Ukraine

Ukrainian Catholic Eparchy of St. Josaphat in Parma

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2023 Lock-In Retreat

Our Lord's Gift to Us: His Very Self



For Teenagers

Saturday, March 11 (9:00 am) to

Sunday, March 12 (1:00 pm)

Pokrova Ukrainian Catholic Church

6812 Broadview Rd.

Parma, OH 44134

Registration Fee: \$30/person

Contact: Deacon Myron Spak

412-303-9086 / mjspak@verizon.net

RSVP by Sunday, March 5th

The League of Ukrainian Catholics

Ukrainian Catholic Bishops of the US



Reflections for Great Lent

Online Spiritual Retreat

Sunday, March 19th, 2023

4:00 pm EST

- * **Hope:** Understanding To What God Has Called Us
- * **Forgiveness as The First Step:** Healing Wounds & Trauma
- * **Love Instead of Fear:** Attention To The Poor and Marginalized
- * **Joy & The Gift of Family:** Nurturing the Domestic Church

Register at LeagueofUkrainianCatholics.org



Notes of Support from the Seventh and Eighth Grade Students of Saint John School in Ashtabula, OH



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St. Vincent de Paul Thrift & Furniture Store

When you **DONATE** to the SVDP Thrift Store the items you no longer use provide necessary clothing, furniture, appliances and household items to families in need throughout our local community

and
When you **BUY** from the SVDP Thrift Store the proceeds provide needed funding for the St. Vincent de Paul Dining Hall which served over 89,000 meals in 2022!

We are always in need of the following **gently used** items:
couches, chairs, stoves, washers/dryers, refrigerators, freezers, dining sets, microwaves, small appliances, coffee/end tables, dressers, beds, mattresses, home décor & linens

To arrange a **free pick up** - please call (330) 369-4198



Store Hours

Monday-Friday
9:00 am-5:00 pm
Saturday
10:00 am-5:00 pm



SVDP Thrift Store & Donation Center
540 Main Avenue SW Warren 44481

FASTING & ABSTINENCE REGULATIONS FOR THE UKRAINIAN CATHOLIC CHURCH IN THE UNITED STATES OF AMERICA

In accordance with statute 403 of *The Statutes of the Ukrainian Catholic Eparchy of St. Josaphat in Parma*, "As each Christian is called to ongoing repentance and amendment of life, the ancient practice of fasting is to be maintained. All those from 14 to 59 years of age, inclusively, must abstain from meat on Holy Saturday and each and every Friday of Lent (the Great Fast), as well as Christmas Eve, December 24 and Theophany Eve, January 5. These faithful must also abstain from meat and all dairy food (including milk, eggs, cheese, etc.) on the first day of the Great Fast (the Monday which follows Cheesefare Sunday) and on Holy and Great Friday. Pregnant and nursing mothers, the ill and infirm, those who work at hard physical labor and the very poor are excused" (statute 403, *The Statutes of the Ukrainian Catholic Eparchy of St. Josaphat in Parma*, 19 August 1994). The statute continues: "The eparch can dispense all the faithful of the eparchy as well as any individuals for a good reason from any of these fasting prescriptions. A pastor may also dispense individual parishioners for a good reason. He cannot, however, dispense the entire parish" (ibid.). Moreover, according the article 472 of the 1999 *Pastoral Guide of the Ukrainian Catholic Church in the United States of America* (the guide that "supplements the Statutes of the Eparchy of St. Josaphat in Parma" in our eparchy (see article 4 of the *Pastoral Guide*); the guide's revised version is forthcoming), "[t]he periods of penitence and their respective duration are:

- Great Lent, extending from the Monday after Cheesefare Sunday to the Saturday of Lazarus. And Great and Holy Week, extending from Great Monday to Great and Holy Saturday inclusively.
- The preparation for the Birth of Jesus Christ in the Flesh (*Pylypivka*) begins on the day..." after "... the feast of St. Philip (November 15), and lasts until the Eve of the Nativity of Christ (December 24) inclusively.
- The Apostles' Fast (*[P]etrivka*) extends from the Monday following the Sunday of All Saints, and continues through to the day preceding the Feast of SS. Peter and Paul (June 28), inclusively.
- The Dormition Fast (*Spasivka*) begins on August [1] and lasts until the eve of the Dormition of the Blessed Virgin Mary (August 14), inclusively"

(article 472, *Pastoral Guide of the Ukrainian Catholic Church in the United States of America* (Philadelphia, PA, 1999)).

Furthermore, the "[g]eneral rules governing abstinence [are]:

- Meat is to be understood as including not only the flesh but also those parts of warm-blooded animals that cannot be melted down, e.g., the liver, lungs, blood, graves, etc. Although it is not the authentic practice of the Tradition[,] the meat of fish and crustaceans may be eaten, as well of those mammals, that live constantly in water, as, e.g., whales.
- Dairy Products are to be understood as comprising products derived from mammals and birds, but not regarded as meat, e.g., cheese, lard, butter, milk, and its by-products, eggs, etc.
- Fats of plant origin, e.g., those derived from olives, coconuts, seeds of the sunflower and of the pumpkin, may be used.
- Voluntary penance, prayers for the intentions of the hierarchs of the Church, Bishop of Rome, the Major Archbishop, the Metropolitan, and the Eparchial Bishop; voluntary offerings to the Church, the seminaries, the Church in Ukraine, self-denial of alcohol, smoking, attendance at entertainment, etc., may be supplementary only with permission of a confessor. Bread and water alone [are] a good fast.
- Priests who possess a pastoral assignment are empowered to grant dispensations or relaxation from the laws of abstinence to individual persons as well as to individual families.

The following are exempt from abstinence:

- (1) the poor who live on alms;
- (2) sick and frail persons;
- (3) convalescents who are returning to their strength;
- (4) pregnant women, and mothers who are nursing their children;
- (5) persons who perform hard labor;
- (6) children who have not completed their seventh [currently, fourteenth] year of age;
- (7) [p]ersons have completed their 59th year of age" with permission of their pastor or confessor" [the clause "with permission of their pastor or confessor" is no longer valid... it could have been an original error, too...]

(article 474, *Pastoral Guide of the Ukrainian Catholic Church in the United States of America* (Philadelphia, PA, 1999)).

*Furthermore, in accordance with article 475 of the *Pastoral Guide*, "In virtue of rules enacted by the Synod of Bishops under the presidency of the Major Archbishop in 1969 the following rules of abstinence oblige in the United States:

*Abstinence from meat on all Fridays of the year except those which occur in privileged weeks and on holidays of Our Lord and of the Mother of God.

*Abstinence from meat and all dairy products on the first day of the Great Fast (Lent) and on Good Friday.

*Abstinence from meat, in addition to eating only one full meal and a smaller snack, milk products being permitted in accordance with local custom: on Christmas Eve, Epiphany Eve, Exaltation of the Holy Cross (September 14) and Beheading of St. John the Baptist (August 29).

*During the Great Fast, the faithful may also maintain the tradition of abstaining from meat on Wednesdays" (ibid., article 475).

UNITING FOR UKRAINE

WELCOME CIRCLES

In response to the war in Ukraine, the US Government has created the Uniting for Ukraine (U4U) program. This pathway allows individual US residents to support displaced Ukrainians to come to the US and receive two years of humanitarian parole, which means they can live and work in the US for up to two years.

UKRAINIANS NEED YOUR HELP!

USCCB's Department of Migration and Refugee Services is launching a new initiative to support Ukrainians -- **Welcome Circles**.

Across the country, we hope to see Catholic parishes, other houses of worship, and local organizations meet the needs of displaced Ukrainians through collective action.

Welcome Circles are groups of 5 or more adults who agree to financially support Ukrainians through the U4U program and to help them navigate their new community in the US.

FOR MORE INFORMATION, VISIT:

<https://www.uscis.gov/ukraine>

<https://ukraine.welcome.us>

<https://www.sponsorcircles.org/program>

READY TO TAKE THE NEXT STEP?

Skmurphy@ccdoble.org



HOUSING

Arrange housing for Ukrainian newcomers, provide furniture and essential items.



PUBLIC BENEFITS

Assist newcomers in applying for public benefits like SNAP, TANF and Medicaid.



HEALTHCARE

Make connections to necessary healthcare.



EMPLOYMENT

Help adults find employment in their new community.



SCHOOL ENROLLMENT

Enroll children in school, enroll interested adults in English classes



PLEASE HELP

UKRAINE!

БУДЬ-ЛАСКА, ДОПОМОЖІТЬ

УКРАЇНІ!

*****PLEASE HELP US SPREAD THE WORD*****

*****PLEASE SHARE THIS INFO WITH OTHER PEOPLE*****

*****THANK YOU VERY MUCH*****

Here are a couple of ways of how you could help the People of Ukraine. First of all, through daily PRAYER. Secondly, you can HELP FINANCIALLY THROUGH DONATIONS by USING ONE OR BOTH OF THE OPTIONS below.

OPTION 1

You can make your donations to the Humanitarian Aid Fund for Ukraine online via the website of the Ukrainian Catholic Eparchy of St. Josaphat in Parma at <http://stjosaphateparchy.com/support-ukraine/> (once on the webpage, please scroll down and click the Donate button (PayPal)).

If you would like to donate by check, please send your donations to the following address (please write out your checks to St. Josaphat Eparchy indicating clearly on the check that the donation is for the Humanitarian Aid Fund):

Ukrainian Catholic Eparchy of St. Josaphat in Parma
Humanitarian Aid Fund
5720 State Rd.
P.O. Box 347180
Parma, Ohio 44134

OPTION 2

You can also send your donations to help Ukraine's Armed Forces through the National Bank of Ukraine, which would be greatly appreciated. This can be done online or through an international wire transfer via a local U.S. bank. All the info at the following official link:

<https://bank.gov.ua/en/news/all/natsionalniy-bank-vidkriv-spetsrahunok-dlya-zboru-koshtiv-na-potrebi-armiyi>

Here are the bank requisites base on the aforementioned link of the National Bank of Ukraine for making an international wire transfer via a local U.S. bank (in this case, a person would need to got o his/her bank and do it personally there on location):

BENEFICIARY: National Bank of Ukraine

BENEFICIARY ACCOUNT NUMBER: 4330992708

BENEFICIARY BIC: NBUA UA UX

BENEFICIARY ADDRESS: 9 Instytutska St., Kyiv, 01601, Ukraine

INTERMEDIARY BANK NAME: JP MORGAN CHASE BANK, New York

INTERMEDIARY BANK ACCOUNT NUMBER: 80490258

INTERMEDIARY BANK BIC: CHASUS33

ABA: 0210 0002 1

INTERMEDIARY BANK ADDRESS: 383 Madison Ave, New York, NY 10017, USA

PURPOSE OF PAYMENT: for crediting account 47330992708

THANK YOU VERY MUCH FOR YOUR SUPPORT OF UKRAINE! MAY OUR GOOD LORD REWARD YOU AND MAY HE BLESS UKRAINE, THE UNITED STATES, AND THE REST OF THE WORLD!

For more information, please feel free to contact the parish office of Holy Trinity Ukrainian Catholic Church (Youngstown, Ohio) and St. Anne Ukrainian Catholic Church (Austintown, Ohio) at 330-744-5820/yngholytrinity@att.net

Prayer Corner

+ In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Most Holy Trinity: Father, Son, and Holy Spirit, we adore You, we praise You, we worship You, and we love You! We thank You for Your gift of life to us! We thank You for the overabundance of blessings that You bestow on us every day! You became man, suffered, and died on the cross for our salvation and we thank You for this gift of redemption that we received from You! We humbly ask You during this holy time of Lent to help us to love You wholeheartedly and to love our neighbors as we love ourselves. We ask You to continue to bless us and to help us to be Your authentic adopted children. We ask You to have mercy on us, to cleanse us of our sins, and to fill our hearts with Your life-giving grace. In Your immense kindness, please heed these petitions that we present to You:

- for the end of the war in Ukraine, for all died during it, for the loved ones they left behind as well as for the enlightenment and conversion of the hearts and minds of Ukraine's aggressors, so that a sincere and truthful dialogue may lead to an authentic and lasting peace and reconciliation, we pray to You, O Lord! Lord, have mercy!
- for the end of all abortions in the world, for all the aborted and miscarried babies, for the healing of those who committed or assisted with abortions, for the conversion of all who are planning to commit abortions as well as for all the unborn babies in the world and their parents, we pray to You, O Lord! Lord, have mercy!
- for the end of the child slavery, child abuse, domestic abuse, prostitution, and human trafficking in the world, for all the victims both living and deceased as well as for the conversion of all who perpetrate these grave and heinous sins, we pray to You, O Lord! Lord, have mercy!
- for the vocations to the diaconate, sacred priesthood, and religious life, we pray to You, O Lord! Lord, have mercy!
- for the conversion to the true faith of all people in the world, who did not embrace the light of the Triune God yet, we pray to You, O Lord! Lord, have mercy!
- for the conversion of all sinners in the world, we pray to You, O Lord! Lord, have mercy!
- for the consolation of all persecuted Christians in the world, especially the ones in Asia, Middle East, and Africa and for the conversion of hearts and minds of those, who persecute them, we pray to You, O Lord! Lord, have mercy!
- for the end of all wars, conflicts, and violence in the world, especially for the establishment of the authentic and lasting peace, we pray to You, O Lord! Lord, have mercy!
- for all the refugees, the poor, the hungry, the orphans, the half-orphans, and the homeless throughout the world – especially those who are children – we pray to You, O Lord! Lord, have mercy!
- for all prisoners in the world, especially the ones on death row, we pray to You, O Lord! Lord, have mercy!
- for the liberation of all people in the world who are addicted to drugs, alcohol, smoking, and pornography, we pray to You, O Lord! Lord, have mercy!
- for the conversion of all people in the world, who have difficulty telling the truth and acting truthfully, we pray to You, O Lord! Lord, have mercy!
- for all people in the world, who are hopeless as well as those, who contemplate suicide, that their hearts may be filled with hope, we pray to You, O Lord! Lord, have mercy!
- for all widows and widowers in the world, we pray to You, O Lord! Lord, have mercy!
- for the healing of all sick people in the world, especially for the ones infected with the coronavirus, for the protection against it, for all people who are on the front lines in the fight against it, for all people who are working in public places, for the repose of the souls of all, who died from the virus as well as for the loved ones they left behind, we pray to You, O Lord! Lord, have mercy!
- for all unemployed people in the world and their families that they may find work soon, we pray to You, O Lord! Lord, have mercy!
- for all faithful of the Catholic Church, especially all members of St. Josaphat Eparchy, as well as for all our families, relatives, friends, and acquaintances, we pray to You, O Lord! Lord, have mercy!
- for the deliverance of all souls from the Purgatory, we pray to You, O Lord! Lord, have mercy!

Most Holy Trinity: Father, Son, and Holy Spirit, we humbly ask You to grant all of these petitions in accordance with Your most holy will through the intercession of the Most Holy Theotokos and all the Holy Angels and Saints, and may You be praised forever and ever! Amen.

+ In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Composed by Fr. Lubomir Zhybak in 2020 and revised on February 28, 2023.

Image: photo of the stained-glass window of Jesus Christ in the Garden of Gethsemane at Holy Trinity Ukrainian Catholic Church in Youngstown, OH (2021).