



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)
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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, June 16, 2024

4th Sunday After Pentecost

Tone: 3

Epistle: Romans 6:18-23

Gospel: Matthew 8:5-13

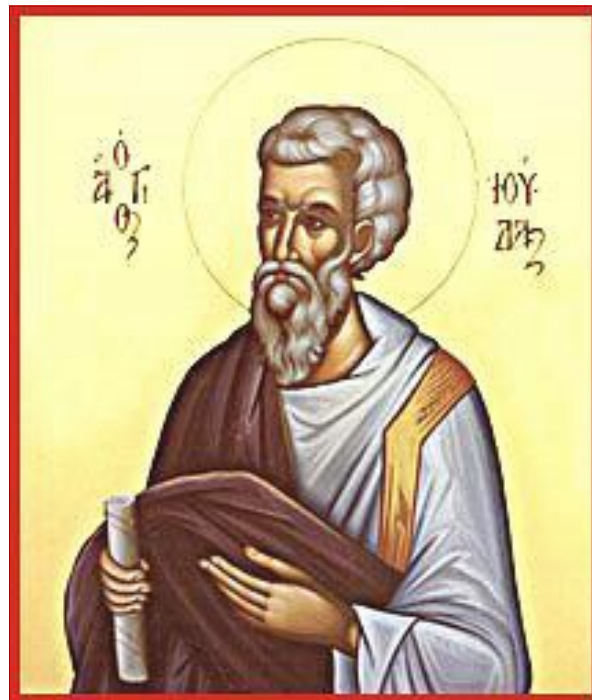
Liturgical Greeting

Greeting:

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

Response:

"Glory Forever!"
"Slava Na Veeky!"



Next Sunday:

June 23, 2024

5th Sunday
After Pentecost

Tone: 4

Epistle: Romans 10:1-10
Gospel: Matthew 8:28-9:1

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

Holy Apostle Jude (June 19th)

Day:	Date:	Place:	Time:	Intention:	Offered/Requested By:	Cantor(s)/Reader(s):
4th Sunday After Pentecost						
Sun	Jun 16	No Service - Happy Father's Day!				
Mon-Sat	Jun 17-22	No Service				
5th Sunday After Pentecost						
			8:10a	Moleben to Christ the Lover of Mankind for God's Peace in Ukraine		
			8:30a	Divine Liturgy of St. John Chrysostom for the Parishioners of St. Anne Church		P. Machingo
Sun	Jun 23	SA	10:20a	Praying of the Holy Rosary		J. Bodak
			10:40a	Moleben to Christ the Lover of Mankind for God's Peace in Ukraine		
			11:00a	Divine Liturgy of St. John Chrysostom for the Parishioners of Holy Trinity Church		J. Kicz

Prayer Requests

Holy Trinity Church: Ann Blazina, Andrea Curran, John Fecych, 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, Joseph Kury, Louis Mancini, Katie Moran, Margaret Rodomsky, 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, William J. Smith, Jim, Ivan M., Nadiya M., Anna F., Alexei Y., Nadiya Y., Volodymyr Y., Joe Beeson, Oleh and Oksana, Olha, Ivan, Vasyl, Isaiah, and Priscilla.

Father's Day Wishes

We would like to take a moment to wish all of the fathers and father figures in our parishes a very **Happy Father's Day**. Enjoy your day!

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

Holy Trinity Church

Jun 18: **Kathy Terlecky** Jun 19: **Patricia Gergel**
 Jun 19: **Marie Schuller** Jun 19: **Diane Yourstowsky**
 Jun 20: **Protodeacon Don and Jeanne Billy (65)**
 Jun 20: **Steve and Arelda Bury (60)** Jun 23: **Debbie Patoray**

St. Anne Church

Jun 21: **Steven Zukowski**

Na Многая ee Блаґая Leeta!

Holy Trinity and St. Anne Churches again welcome back

Fr. Dennis Hrubiak

who will be serving as the main celebrant again during this week's Divine Liturgy!

Welcome Back and Thank You!

Holy Trinity/St. Anne Church
Eternal Light

The Karnofel and Beck Families *are sponsoring the week of June 16th-22nd in loving memory of*

†Peter Karnofel

"Happy Father's Day and Happy Birthday!"

Holy Trinity Church Financials for the Week Ending June 9, 2024

Weekly Offering: \$493.50	Liturgical Intentions: \$100.00
Dues: \$15.00	Repairs/Maint: \$20.00
Diocesan: \$40.00	50/50: \$10.00
Peter's Pence: \$10.00	Deposit: \$708.50
Ss. Peter and Paul: \$10.00	Sunday Attendance: 58 (mixed)
Eternal Light: \$10.00	June 50/50: \$20.00

St. Vladimir's Parish Collection

Based on the information in last week's bulletin regarding the rebuilding of St. Vladimir Ukrainian Catholic Church, Bishop Danylo is requesting a special collection on June 23rd to send to St. Vladimir's parish. If you are inclined to donate, please use a special envelope indicating "St. Vladimir" on the envelope face.

МОЛІТЬСЯ ЗА УКРАЇНУ!

PRAY FOR UKRAINE!

Spes Non Confundit

BULL OF INDICATION OF THE ORDINARY JUBILEE OF THE YEAR 2025

FRANCIS

BISHOP OF ROME

SERVANT OF THE SERVANTS OF GOD

TO ALL WHO READ THIS LETTER MAY HOPE FILL YOUR HEARTS

(con't)

Signs of hope

7. In addition to finding hope in God's grace, we are also called to discover hope in the signs of the times that the Lord gives us. As the Second Vatican Council observed: "In every age, the Church has the responsibility of reading the signs of the times and interpreting them in the light of the Gospel. In this way, in language adapted to every generation, she can respond to people's persistent questions about the meaning of this present life and of the life to come, and how one is related to the other". We need to recognize the immense goodness present in our world, lest we be tempted to think ourselves overwhelmed by evil and violence. The signs of the times, which include the yearning of human hearts in need of God's saving presence, ought to become signs of hope.

8. The first sign of hope should be the desire for peace in our world, which once more finds itself immersed in the tragedy of war. Heedless of the horrors of the past, humanity is confronting yet another ordeal, as many peoples are prey to brutality and violence. What does the future hold for those peoples, who have already endured so much? How is it possible that their desperate plea for help is not motivating world leaders to resolve the numerous regional conflicts in view of their possible consequences at the global level? Is it too much to dream that arms can fall silent and cease to rain down destruction and death? May the Jubilee remind us that those who are peacemakers will be called "children of God" (Mt 5:9). The need for peace challenges us all, and demands that concrete steps be taken. May diplomacy be tireless in its commitment to seek, with courage and creativity, every opportunity to undertake negotiations aimed at a lasting peace.

9. Looking to the future with hope also entails having enthusiasm for life and a readiness to share it. Sadly, in many situations this is lacking. A first effect of this is the loss of the desire to transmit life. A number of countries are experiencing an alarming decline in the birthrate as a result of today's frenetic pace, fears about the future, the lack of job security and adequate social policies, and social models whose

agenda is dictated by the quest for profit rather than concern for relationships. In certain quarters, the tendency "to blame population growth, instead of extreme and selective consumerism on the part of some, is one way of refusing to face the [real] issues".

Openness to life and responsible parenthood is the design that the Creator has implanted in the hearts and bodies of men and women, a mission that the Lord has entrusted to spouses and to their love. It is urgent that responsible legislation on the part of states be accompanied by the firm support of communities of believers and the entire civil community in all its components. For the desire of young people to give birth to new sons and daughters as a sign of the fruitfulness of their love ensures a future for every society. This is a matter of hope: it is born of hope and it generates hope.

Consequently, the Christian community should be at the forefront in pointing out the need for a social covenant to support and foster hope, one that is inclusive and not ideological, working for a future filled with the laughter of babies and children, in order to fill the empty cradles in so many parts of our world. All of us, however, need to recover the joy of living, since men and women, created in the image and likeness of God (cf. Gen 1:26), cannot rest content with getting along one day at a time, settling for the here and now and seeking fulfilment in material realities alone. This leads to a narrow individualism and the loss of hope; it gives rise to a sadness that lodges in the heart and brings forth fruits of discontent and intolerance.

10. During the Holy Year, we are called to be tangible signs of hope for those of our brothers and sisters who experience hardships of any kind. I think of prisoners who, deprived of their freedom, daily feel the harshness of detention and its restrictions, lack of affection and, in more than a few cases, lack of respect for their persons. I propose that in this Jubilee Year governments undertake initiatives aimed at restoring hope; forms of amnesty or pardon meant to help individuals regain confidence in themselves and in society; and programmes of reintegration in the community, including a concrete commitment to respect for law. (con't)

This is an ancient appeal, one drawn from the word of God, whose wisdom remains ever timely. It calls for acts of clemency and liberation that enable new beginnings: "You shall hallow the fiftieth year and you shall proclaim liberty throughout the land to all its inhabitants" (Lev 25:10). This institution of the Mosaic law was later taken up by the prophet Isaiah: "The Lord has sent me to bring good news to the oppressed, to bind up the brokenhearted, to proclaim liberty to the captives and release to the prisoners, to proclaim the year of the Lord's favour" (Is 61:1-2). Jesus made those words his own at the beginning of his ministry, presenting himself as the fulfilment of the "year of the Lord's favour" (cf. Lk 4:18-19). In every part of the world, believers, and their Pastors in particular, should be one in demanding dignified conditions for those in prison, respect for their human rights and above all the abolition of the death penalty, a provision at odds with Christian faith and one that eliminates all hope of forgiveness and rehabilitation. [6] In order to offer prisoners a concrete sign of closeness, I would myself like to open a Holy Door in a prison, as a sign inviting prisoners to look to the future with hope and a renewed sense of confidence.

11. Signs of hope should also be shown to the sick, at home or in hospital. Their sufferings can be allayed by the closeness and affection of those who visit them. Works of mercy are also works of hope that give rise to immense gratitude. Gratitude should likewise be shown to all those healthcare workers who, often in precarious conditions, carry out their mission with constant care and concern for the sick and for those who are most vulnerable.

Inclusive attention should also be given to all those in particularly difficult situations, who experience their own weaknesses and limitations, especially those affected by illnesses or disabilities that severely restrict their personal independence and freedom. Care given to them is a hymn to human dignity, a song of hope that calls for the choral participation of society as a whole.

12. Signs of hope are also needed by those who are the very embodiment of hope, namely, the young. Sadly, they often see their dreams and aspirations frustrated. We must not disappoint them, for the future depends on their enthusiasm. It is gratifying to see the energy they demonstrate, for example, by rolling up their sleeves and volunteering to help when disasters strike and people are in need. Yet it is sad to see young people who are without hope, who face an uncertain and unpromising future, who lack employment or job security, or realistic prospects after finishing

school. Without the hope that their dreams can come true, they will inevitably grow discouraged and listless. Escaping into drugs, risk-taking and the pursuit of momentary pleasure does greater harm to them in particular, since it closes them to life's beauty and richness, and can lead to depression and even self-destructive actions. For this reason, the Jubilee should inspire the Church to make greater efforts to reach out to them. With renewed passion, let us demonstrate care and concern for adolescents, students and young couples, the rising generation. Let us draw close to the young, for they are the joy and hope of the Church and of the world!

13. Signs of hope should also be present for migrants who leave their homelands behind in search of a better life for themselves and for their families. Their expectations must not be frustrated by prejudice and rejection. A spirit of welcome, which embraces everyone with respect for his or her dignity, should be accompanied by a sense of responsibility, lest anyone be denied the right to a dignified existence. Exiles, displaced persons and refugees, whom international tensions force to emigrate in order to avoid war, violence and discrimination, ought to be guaranteed security and access to employment and education, the means they need to find their place in a new social context.

May the Christian community always be prepared to defend the rights of those who are most vulnerable, opening wide its doors to welcome them, lest anyone ever be robbed of the hope of a better future. May the Lord's words in the great parable of the Last Judgement always find an echo in our hearts: "I was a stranger and you welcomed me" for "just as you did it to one of the least of these my brothers and sisters, you did it to me" (Mt 25:35.40).

14. The elderly, who frequently feel lonely and abandoned, also deserve signs of hope. Esteem for the treasure that they are, their life experiences, their accumulated wisdom and the contribution that they can still make, is incumbent on the Christian community and civil society, which are called to cooperate in strengthening the covenant between generations.

Here I would also mention grandparents, who represent the passing on of faith and wisdom to the younger generation. May they find support in the gratitude of their children and the love of their grandchildren, who discover in them their roots and a source of understanding and encouragement.

15. I ask with all my heart that hope be granted to the billions of the poor, who often lack the essentials of life.

(con't)

Before the constant tide of new forms of impoverishment, we can easily grow inured and resigned. Yet we must not close our eyes to the dramatic situations that we now encounter all around us, not only in certain parts of the world. Each day we meet people who are poor or impoverished; they may even be our next-door neighbours. Often they are homeless or lack sufficient food for the day. They suffer from exclusion and indifference on the part of many. It is scandalous that in a world possessed of immense resources, destined largely to producing weapons, the poor continue

to be “the majority of the planet’s population, billions of people. These days they are mentioned in international political and economic discussions, but one often has the impression that their problems are brought up as an afterthought, a question which gets added almost out of duty or in a tangential way, if not treated merely as collateral damage. Indeed, when all is said and done, they frequently remain at the bottom of the pile”. Let us not forget: the poor are almost always the victims, not the ones to blame.

(to be continued...)



A CALL TO ACTION!

The Healing of Wounds of the War in Ukraine Fund (HWF) is a continuation of the legacy of the Metropolia Humanitarian Aid Fund of the Ukrainian Catholic Church in the US, which distributed over **\$7.2 million** since the full-scale Russian invasion of Ukraine. **103 projects** were supported in helping internally displaced persons and refugees, providing medical aid and emergency food assistance, supporting military and hospital chaplains.

YOU CAN HELP HEAL THE WOUNDS OF WAR IN UKRAINE THROUGH YOUR SUPPORT



THE FUND'S MISSION

HWF supports projects that address the physical, emotional, and spiritual consequences of the war waged against Ukraine. The Fund seeks to respond quickly to urgent needs of our beneficiaries showing our solidarity and Christian love to our brothers and sisters in Ukraine.



PHYSICAL HEALING



EMOTIONAL HEALING



SPIRITUAL HEALING

DONATE

Please Give Today, personally, however you prefer:



CLICK

or



WRITE

or



SCAN

<https://ukrcatholic.org>

Ukrainian Catholic Archeparchy of Philadelphia

810 N Franklin St, Philadelphia, PA 19123

Help Ukraine

Checks Payable to: "Ukrainian Catholic Archeparchy of Phila."

Memo: "Healing of Wounds of the War in Ukraine Fund"



**Thank you for Your Generosity!
Pray for Ukraine!**

United 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.

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: www.uscis.gov/ukraine.

St. Anne Church Financials for the Weeks Ending June 9, 2024

Attendance:	33	31	36	33	49
Loose Offering:			\$1.00		
Weekly Offerings:	\$542.00	\$280.00	\$300.00	\$845.00	\$415.00
Energy Needs:	\$50.00	\$10.00			\$50.00
Maintenance/Cleaning:	\$50.00				\$50.00
Pyrohy (Gross Sales):	\$2,786.00	\$1,700.00		\$1,920.00	
Pyrohy (Non-Friday Gross Sales):		\$30.00			
Ukraine Donations (Friday Pyrohy):	\$53.00				
Membership Dues:				\$30.00	\$30.00
Ascension of Our Lord:	\$50.00				
Descent of the Holy Spirit:	\$20.00				
Mission Sunday:				\$10.00	

The International Pilgrim Virgin Statue Tour

August 1 – 21, 2024 – Youngstown, OH Diocese

“Seeing the Pilgrim Virgin Statue is like going to Fatima.”



In 1947, this world famous statue was sculpted according to the specifications of Ven. Sister Lucia, seer of Fatima, by Jose Thedim, the Michelangelo of Portugal. The statue was blest by Ven. Pope Pius XII on May 13, 1947, causing him to refer to this image as the “messenger of her royalty,” thus becoming the famous “Pilgrim Virgin Statue” known as the “Weeping Madonna”. The last time this famous image toured the diocese was in 1986. The custodian of this statue is Patrick Sabat.

Let us welcome with immense joy and happiness this beautiful image of the Mother of Our Lord. Our Lady grants many graces and blessings during a visitation. The Blessed Mother through the image of Our Lady of Fatima eagerly awaits your visit so that she may shower you with an abundance of graces as she pleads your cause with her Son Jesus.

“To Jesus thru Mary”

For more information call: Katie Moran 330-647-3833 or Connie Liptak: 330-507-3880

Sponsored by: World Apostolate of Fatima, Our Lady’s Blue Army, Byzantine Division

<p><u>Aug. 1 – Thurs.</u> Blessed Sacrament Warren, OH 3020 Reeves Rd NE, Warren, OH 44483 (330) 372-2215 A: Noon D: after 6 pm mass</p>	<p><u>Aug. 2 Friday</u> Basilica of St. John the Baptist 627 McKinley Ave NW, Canton, OH 44703 A: 9 Am DL after 6 PM Mass</p>	<p><u>Aug. 3 – Sat.</u> St. Columba Cathedral – 159 W. Rayen Ave, Yg, OH 44503 Welcome with Bishop Bonnar A: 9:30 AM D: After 4PM vigil mass</p>	<p><u>Aug. 4 - Sun</u> St. Charles 7345 Westview Dr, Boardman, OH 44512 A: 7:30 Mass D: 5 PM</p>	<p><u>Aug 5. - Mon</u> St. Andrews Byz Church 7700 Hoertz Rd, Parma, OH 44134 (440) 843-9149 A: 9 AM D: 9 PM</p>
<p><u>Aug. 6 – Tues</u> St. Michael’s Byz Church 463 Robinson Rd, Campbell, OH 44405 A: Noon D: 7:30 After 6 PM Liturgy</p>	<p><u>Aug. 7 – Wed.</u> Adventura: 1. Humility Nursing Home - 755 Ohltown Rd, Austintown, OH 44515 A: 9:30 D:11 2. Assumption Village 9800 Market St, North Lima, OH 44452 A: 3:45 D: 5</p>	<p><u>Aug. 8 Thurs.</u> Comforter of the Afflicted Franciscan Shrine 517 S. Bella Vista, Yg, OH 44509 A: 7 AM mass D:6 PM</p>	<p><u>Aug. 9 – Fri.</u> Sacred Heart Church 3049 OH-45, Rock Creek, OH 44084 A: 10 AM for Noon mass D:7 PM</p>	<p><u>Aug. 10 – Sat.</u> St. Rose Church 48 East Main Street, Girard, Ohio 44420 A:9 am D: After 4 pm mass</p>
<p><u>Aug. 11 - Sun</u> Basilica & National Shrine of O.,L. of Lebanon 2759 N. Lipkey Road , North Jackson, OH 44451 A: 9 AM for 10 Liiurgy D:7 PM after 5 PM Liturgy</p>	<p><u>Aug. 12 – Mon</u> St. Josaphat Ukrainian Catholic Cathedral - 5720 State Rd, Cleveland, OH 44134 A 9 AM D: 9 PM</p>	<p><u>Aug. 13 Tues</u> 1. Poland village assisted Living -- 335 W. McKinley Way, Yg, OH A: 10- D: 11:30 2. Ohio Ilving Lake Vista 303 N. Park St Cortland, OH 44410 A: 1:30 pm D:6:00pm</p>	<p><u>Aug. 14 – Wed.</u> St. Paul’s Church –241 S. Main St., N. Canton, OH 44720 A: 7:15 Mass D: after 7 pm mass Poor Clares (Private) All night</p>	<p><u>Aug. 15 - Thurs.</u> Basilica of O. L. of Mt. Carmel, 343 Via Mt. Carmel Ave. Youngstown, OH 44505 A: 10 or 11 for Noon Mass D: 9 pm after 7 PM Mass</p>
<p><u>Aug. 16 - Fri.</u> St. Patrick’s, Church 313 North DePeyster Street, Kent OH 44240 A: 8:30 for mass D: 8 PM</p>	<p><u>Aug. 17 – Sat.</u> St. Maron’ Church 1555 S. Meridian Rd., Yg, Oh 44511 A: 8 AM D: 8:30 PM</p>	<p><u>Aug. 18 – Sun.</u> Holy Trinity Ukrainian Byz. Catholic Church 526 W Rayen Ave, Youngstown, OH 44502 A: 10 am D: 3 pm</p>	<p><u>Aug. 19 - Mon</u> Mother of Sorrows 1464 W. 6th Street, Astabula ,Oh A: 11 AM D: A: 7 pm</p>	<p><u>Aug. 20 - Tues</u> St. Dominic’s Church 77 E. Lucis Ave, Yg, OH 44507 A: 10am D: 6pm</p>
<p><u>Aug. 21 - Wed</u> St. Patrick’s Church 357 N Main St, Hubbard, OH 44425 A: 8:30 Mass D: 8 PM</p>				<p>A: Arrival D: Departure</p>

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 to the article 472 of the 1999 *Pastoral Guide of the Ukrainian Catholic Church in the United States of America* (the guide that "supplements [and does not contradict] 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...] (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 holydays 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).

Compiled by Fr. Lubomir Zhybak on March 3, 2022 and revised on Dec. 22, 2023.

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! We thank You for the gift of salvation that we received from You! We humbly ask You 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 all wars and conflicts in the world, especially for the end of the current wars in Ukraine and the Middle East, for all who died during them, for the loved ones they left behind as well as for the enlightenment and conversion of the hearts of the aggressors, so that a sincere and truthful dialogue may lead to an authentic and lasting peace and reconciliation between people, we pray to You, O Lord, hear us and have mercy! 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, gender ideology, 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 sacred priesthood, diaconate, 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 migrants, the poor, the hungry, the orphans, the half-orphans, the homeless, the missing, and the abducted throughout the world, especially the 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 and handicapped people in the world, for the repose of the souls of all who died from any disease or handicap 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 Purgatory to Heaven, 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 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.