



Holy Trinity and St. Anne Ukrainian Catholic Churches



Holy Trinity Church
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Administrator:
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Office Hours: M-F in-person
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Office: 330-744-5820
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Operations Manager: 330-792-8555

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

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15 minutes prior to Divine Liturgy
(Other times available by appointment)

Sunday, July 28, 2024

10th Sunday After Pentecost

Tone: 1

Epistles: 1 Corinthians 4:9-16

Gospel: Matthew 17:14-23

Liturgical Greeting

Greeting:

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

Response:

"Glory Forever!"
"Slava Na Veeky!"



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

Next Sunday:

August 4, 2024

11th Sunday After Pentecost

Tone: 2

Epistle: 1 Corinthians 9:2-12

Gospel: Matthew 18:23-35

Procession of the Venerable and Life-Giving Cross (August 1st)

Day:	Date:	Place:	Time:	Intention:	Offered/Requested By:	Cantor(s)/Reader(s):
10th Sunday After Pentecost						
Sun	Jul 28	SA	8:30a	Divine Liturgy of St. John Chrysostom for the Parishioners of St. Anne Church		P. Nachim
		HT	10:30a	Praying of the Holy Rosary		J. Bodak
			11:00a	Divine Liturgy of St. John Chrysostom for the Parishioners of Holy Trinity Church	K. Kreuzwieser	
Mon-Wed	Jul 29-31	No Services				
Thu	Aug 1	Beginning of the Dormition Fast (lasts until August 15th, inclusive) - No Service				
Fri-Sat	Aug 2-3	No Services				
11th Sunday After Pentecost						
Sun	Aug 4	SA	8:30a	Divine Liturgy of St. John Chrysostom for the Parishioners of St. Anne Church		P. Nachim
		HT	10:30a	Praying of the Holy Rosary		J. Bodak
			11:00a	Divine Liturgy of St. John Chrysostom for the Parishioners of Holy Trinity Church	K. Kreuzwieser	

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: 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 Etinger, 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.

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

Holy Trinity Church

Jul 31: Yvonne Mudryk Aug 3: Arelida Bury

Aug 4: Roman Semankiw

St. Anne Church

Aug 4: Elaine Mamrich

На Мнoхaя ee Блaхaя Leeta!

Summer Vacation

Fr. Lubomir is currently on vacation with his family until July 31st. If there is an emergency or for any parish-related matter (a sick-call, funeral, etc.), please call the parish office (330-744-5820) and you should be able to be assisted.

“Christ Our Pascha” Available For Purchase

The catechism of the Ukrainian Catholic Church (in English) is now available for purchase online at the following link:
<https://stjosaphateparchy.com/product/christ-our-pascha>

Commemoration of St. Alphonsus Liguori

In addition to commemorating on August 1st the Procession of the Venerable and Life-Giving Cross as well as the Holy Martyrs: Seven Machabee Brothers, their mother Solomonia, and their master Eliazar (martyred 173 B.C.) (see the 2024 Byzantine Seminary Press church calendar), we'll likewise be commemorating from now on in our Church St. Alphonsus Liguori (1696-1787), venerated in the Roman Catholic Church, who was approved to be added to our church calendar by our bishops at the 2023 Synod of the Ukrainian Catholic Bishops in Rome.

Holy Trinity Church Financials for the Week Ending July 21, 2024

Candles/Offering:	\$85.00	Peter's Pence:	\$5.00
Weekly Offering:	\$731.00	50/50:	\$15.00
Dues:	\$5.00	Deposit:	\$866.00
Diocesan:	\$5.00	Sunday Attend.:	44
Ss. Peter and Paul:	\$20.00	July 50/50:	\$50.00

МОЛІТЬСЯ ЗА УКРАЇНУ!

PRAY FOR UKRAINE!

UGCC Synod Pastoral Message

Bux. BA 24/207 ENG

“THE GOSPEL IS THE POWER OF GOD TO SALVATION FOR EVERYONE WHO BELIEVES” (Rm 1:16)

**Pastoral Letter of the Synod of Bishops of the Ukrainian Greek-Catholic Church 2024
To the Clergy, Religious and Lay Faithful of the UGCC**

While they were talking and discussing together, Jesus himself drew near and went with them (Lk 24:15).

Dear Brothers and Sisters in Christ!

We, the bishops of the Ukrainian Greek-Catholic Church from Ukraine and various parts of the world, have gathered at the feet of the miraculous icon of the Mother of God in Zarvanytsya from July 2 to 12 for the annual Synod. For the first time since the beginning of the full-scale invasion, all the bishops of our Church came to Zarvanytsya, to be together with their faithful, to share their pain and trepidations. Every day we offered up prayers for a just peace and an end to a war that was criminally and insidiously initiated by Russia against our people and a free Ukraine. In the days when our Synod was held, Russian brutality crossed another line: in order to break our will to resist, the enemy attacked the most vulnerable — sick children from all across the country being treated in the central children’s hospital in Kyiv. But despite this shameful plan, we witnessed solidarity and kindness—thousands of people sifted through the ruins of destroyed buildings, sheltered the injured, and within a few hours collected funds for the reconstruction of the hospital. In this tragedy, we saw all a person is capable of—the most terrible and the most magnificent. We saw that at the core of our will to resist there is humanity and empathy.

Despite the terrible context, we sought answers—on how to preach the Gospel of Christ in this time of trials and suffering, on how to evangelize, how to be messengers of hope for our neighbors and the outside world. This was the main topic of our Synod.

Our people continues its pilgrimage to full freedom from enslavement by the empire of evil which, first in the form of tsarist and communist Russia, and now in the form of Putin’s criminal regime, denied and continues to deny the very right of Ukrainians to exist and to build their own existence in the light of Divine truth and Divine law. We do not forget and do not let the world forget that Russian occupation brings death and crimes against humanity. What we have is recurring genocide. What we have are recurrent prohibitions of our Church which nonetheless rises again and again with its people.

In the suffering of Ukrainians, the earthly journey of our

Savior is revealed once again, a Savior whom enemies hated without cause (cf. Jn 15:25), betrayed out of envy (cf. Mk 15:10), tortured with fierce malice (cf. Jn 19:3) and mercilessly killed on the cross (Mk 10:34). Foretelling his passion, Jesus Christ gave his disciples an infallible promise of resurrection: «The Son of Man will be delivered over to the chief priests and the scribes, and they will condemn him to death and deliver him over to the Gentiles. And they will mock him and spit on him, and flog him and kill him. And after three days he will rise» (Mk 10:33–34). When the apostles heard these words, they hardly realized what they would have to go through, and perhaps they thought more about the promise of the Kingdom than about the Teacher’s death. Thus, on the day of Good Friday, it seemed to each of them that it was already the end. Even after initial reports of the Resurrection, the two disciples on the road to Emmaus are distressed, they are assailed by numerous doubts and questions.

In the terrible conditions of war, within Ukrainian society there are also many doubts and questions which we, pastors, cannot ignore, even though we do not have an exhaustive answer to them. Often the prayer of our people resembles the cry of the psalmist who experiences loneliness and injustice.

We must discover for ourselves the presence of Christ in our pilgrimage as the two disciples from Emmaus experienced (cf. Lk 24:13–23). Confused and tired, they allowed their hearts to be enlightened and warmed by the word of God that came from the mouth of the Risen One, and then they recognized Him in the breaking of bread. In the same way, we, as a Church and a people, are called to be enlightened by God’s word of hope, truth, and life, and to strengthen ourselves with heavenly food — the most holy Body and Blood of our Savior. In them, the Lord gives us the pledge of victory and eternal life over which death no longer has any power because we carry within us the deposit of resurrection according to Christ’s infallible promise: «Whoever eats my flesh and drinks my blood has eternal life, and I will raise him up on the last day» (Jn 6:54). **(con’t)**

Beloved in Christ, let us be strengthened by the Word of God, for in it is the Spirit and life (cf. Jn 6:63), the source and pledge of our hope! When we hear sirens, when streams of disheartening news come at us from everywhere, when despondency, fear, and hopelessness surround us, let us take the Holy Scriptures in our hands, pour out our sorrows and pain before God, and together look for light and the necessary strength. After all, St. Paul assures us, and the thousand-year experience of our people and our unyielding martyr-Church confirms that «the Gospel is the power of God to salvation for everyone who believes» (Rm 1:16).

The power of God, like the life-giving breath of the risen Savior, revives us every time the Church proclaims the Gospel of Christ to each person today. This proclamation (kerygma) vividly makes the Lord's action present in our daily reality. This living word of the Good News about Christ's Resurrection, God's love for us, the forgiveness of sins, and the communion of eternal life conveys to everyone who believes the very Source of our hope and the power of Christian perseverance. It [this proclamation] informs us not of past works of God, but of the fact that He acts in relation to each of us personally this very day by the power and action of the Holy Spirit. When the enemy sows death and wants to imprison us in his kingdom of hopelessness and despair, the Church of Christ in its proclamation brings to each person who believes life and resurrection, hope of salvation, and leads them to communion of the Holy Mysteries. That is why spreading this Word of the Gospel into all dimensions of our personal and social life, so that its power might permeate contemporary culture, and its light transfigure the way of human thinking and acting (evangelization), and transmitting the faith to all who have not yet come to know Christ, is the core mission of all His disciples — our contemporaries. It is about us, especially those who are called to serve the Word of God, that St. Paul the Apostle speaks: «For if I preach the gospel, that gives me no ground for boasting. For necessity is laid upon me. Woe to me if I do not preach the gospel!» (1 Cor 9:16).

We call on all the faithful of our Church to read God's Word daily and meditate on it in parish bible apostolate communities. Let our families be the first place where the treasure of faith is passed on to new generations of Christians, where praying together and the reading of the Holy Scriptures are practiced, and where different generations strengthen one another through a witness of faith and through patient and faithful love. However, let us remember that God's Word

always leads to the partaking of the Holy Mysteries and is fulfilled in the Liturgy of Christ's Church in the same way that the hearts of the disciples burned on the way to Emmaus, when Jesus spoke to them on the way, but they could only recognize Him in the breaking of bread—in partaking of His life and resurrection in the Mystery of the Eucharist (Lk 24:35).

The consequences of Russian shelling are obvious, in particular in the form of Ukrainians being killed or maimed. However, there are wounds on the body of our people that we hear less about in the daily news. We speak of the burden that has fallen on Ukrainian families who bury their dead, care for the wounded, search for the missing, and share the post-traumatic syndrome of veterans. Statistics of divorces, of broken families, of family members scattered around the world—all represent threats to our society. Therefore, we continue striving to give special pastoral attention to our families. We call on the parish clergy and the entire community of the faithful to care for families who have lost loved ones, and for everyone who is suffering near us, who feels alone or abandoned. Here it is appropriate to recall the words of Pope Benedict XVI who emphasized: «The Church is God's family in the world. In this family no one ought to go without the necessities of life... The parable of the Good Samaritan remains as a standard which imposes universal love towards the needy whom we encounter „by chance' (cf. Lk 10:31), whoever they may be. Without in any way detracting from this commandment of universal love, the Church also has a specific responsibility: within the ecclesial family no member should suffer through being in need" (Encyclical *Deus caritas est*, 25).

Having deep wounds, which the war has already inflicted on us and inflicts each day on our soul and body, «let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace for help in time of need» (cf. Heb 4:16). In particular, let us often approach the Sacrament of Confession and not hesitate to bring all our wounds, ailments, and diseases to the merciful Lord — the Physician of souls and bodies — in the Sacrament of Anointing. It is in these Sacraments, which the Church calls the Sacraments of healing, that our Savior and Lord wants to embrace us with his merciful love and pour out the healing balm of his grace on our aching souls and hearts. Let us allow Him to do it! Let us allow Him to heal us daily, overcoming the effects of war with the power of God's love, and restoring us to new hope and new life.

(con't)

This new life is the life of the crucified and risen Christ in us, which reveals itself to the world in our acts of merciful and compassionate love. Therefore, in the midst of all the trials and sufferings of our days, let us not give up, but let us continue to do good to everyone, and above all to «those who are of the household of faith» (cf. Gal 6:10), to our suffering brothers and sisters in our native lands, in Ukraine. We repeat the call from our pastoral letter of last year, which should remain a guide for us in our daily decisions and actions: «Do not be overcome by evil, but overcome evil with good!» (Rm 12:21). If each of us does at least one concrete good deed every day, we will steadily step by step bring closer the victory of God's truth.

We want to express our deep gratitude to all those who by their very being are already showing to the world the life of the risen Lord in our people: our defenders, volunteers, doctors and chaplains, who are united with Christ in love and self-sacrifice, and provide an example of the highest love, which lays down its life for its friends (cf. Jn 15:13). We hasten with words of Christian comfort to all those who are mourning their dead or searching for those missing without trace, and we assure them of our prayerful closeness. We pray for the wounded and traumatized, for the liberation of those in captivity and forcibly deported, for all those under temporary occupation, and for our brothers and sisters scattered across the globe.

We thank our brothers and sisters in faith and all people of good will throughout the world who remember us, who support us, and who pray with us and for us, being confirmed together with us in Paschal faith and hope. Upon all we invoke God's boundless mercy, God's strength, and the intercession of our Heavenly Mother — the Most Holy Theotokos.

Remembering the great gift of Baptism for our people, we strive to renew our promises of fidelity to Christ, and, at the same time, to strengthen our Paschal faith and hope. As his disciples, as children of the resurrection, we firmly believe that our «third day» will certainly come—the day of resurrection, the day of victory of truth and love over sin, hatred and hell, that the bright dawn of our Ukrainian Easter will come!

Invigorated by this faith and Christian hope, we are already now, in the midst of trials and suffering, proclaiming the good news of salvation to the whole world in the words of the Apostle of the Nations: «We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed;

always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. For we who live are always being given over to death for Jesus' sake, so that the life of Jesus also may be manifested in our mortal flesh» (2 Cor 4:8–11).

May the Divine Spirit continue to guide and revive us, may he make us instruments of God's love and God's peace, and heralds of hope and life! May the Most Holy Theotokos, and the saints and righteous of the Ukrainian land intercede for us on this path!

May the blessing of the Almighty God, the Father, and the Son, and the Holy Spirit, descend upon our people and abide with us all forever!

On behalf of the Synod of Bishops
Ukrainian Greek-Catholic Church

† SVIATOSLAV

Given in Kyiv, at the Patriarchal Cathedral of the Resurrection of Christ, on the day of Saint Volodymyr, named Basil in Holy Baptism, Grand Prince of Kyiv, Equal-to-the-Apostles, On the 15th day of July in the 2024th year of our Lord

Source: https://stjosaphateparchy.com/the-gospel-is-the-power-of-god-to-salvation-for-everyone-who-believes-rm-116-pastoral-letter-of-the-synod-of-bishops-of-the-ugcc-2024/?mc_cid=2c97301d22&mc_eid=1f64c67398

You are INVITED!
Join us! We'll be hosting...
Our Lady of Fatima's Pilgrim Virgin Statue

When: Friday, August 02 2024 2:00 PM

Where: Gary Chamberlain
109 Hazelwood Ave
Youngstown, OH 44509

America Needs Fatima's life-like statue of Our Lady of Fatima will be displayed in our home for all to venerate. This beautiful image of the Blessed Mother and Her message will surely stir your soul.

The Marian program features an inspiring audio-visual presentation on the 1917 miraculous Fatima apparitions, followed by a group Rosary. America Needs Fatima custodians will be displaying a wide selection of fine religious articles, such as hand-crafted crucifixes, statues, rosaries, medals, and books.

For more information, call: (330)-692-0099

Don't miss this unique opportunity!

DECREE

To the glory of the Holy, Consubstantial, Life-Giving, and Indivisible Trinity,
Father, Son, and Holy Spirit, and for the good of the entrusted God's people. Amen

BY DIVINE GRACE

AND IN FULL COMMUNION WITH THE ROMAN APOSTOLIC SEE

SVIATOSLAV,

Major Archbishop of Kyiv-Halych Ukrainian Greek-Catholic Church

To the Most Reverend Bishops,

Reverend Fathers, Venerable Monks and Nuns, and the laity of the Ukrainian Greek-Catholic
Church

I DECLARE AND PUBLISH

THE DECISIONS

of the Synod of Bishops of the Ukrainian Greek-Catholic Church

Zarvanytsia, July 2–12, 2024

1. Take note of the status of the implementation of the decisions of the Synod of Bishops of the UGCC in 2023.
2. Bless the continuation of the work of the Patriarchal Liturgical Commission of the UGCC on the updated text of the Great Archieratikon and the Archierarchical Book of Needs, and to involve Bishops Ihor Isichenko, Hlib Lonchyna, and Ivan Kulyk.
3. Bless the continuation of the work of the Patriarchal Liturgical Commission of the UGCC on the updated text of the Book of Needs.
4. Following the review of the updated Horologion project:
 - A. Express gratitude to the Order of Saint Basil the Great for preparing the Prayer Book and caring for the liturgical heritage of our Church.
 - B. Create a working group consisting of representatives from the Order of Saint Basil the Great and the Patriarchal Liturgical Commission of the UGCC to prepare an updated edition of the Horologion.
 - C. Bless the concept of adapting the Horologion to the liturgical texts approved by the Synod of Bishops of the UGCC.
5. Approve the appointment of Bishop Mykhailo Kvyatkovsky as the head of the Patriarchal Catechetical Commission of the UGCC.
6. Approve granting the Commission of the UGCC on Family and Laity Patriarchal status.

7. Approve the appointment of Bishop Arkadii Trokhanyovskyi as the head of the Patriarchal Commission of the UGCC on Family and Laity.
8. Approve granting the Commission of the UGCC on Youth Patriarchal status.
9. Approve the appointment of Bishop Brian Baida as the head of the Patriarchal Commission of the UGCC on Youth.
10. Approve granting the Council for Evangelization under the Head of the UGCC the status of a Patriarchal commission.
11. Approve the appointment of Bishop Josaphat Moschich as the head of the Patriarchal Commission of the UGCC for Evangelization.
12. Approve the creation of the Jubilee 2025 Committee.
13. Approve the appointment of Bishop Yaroslav Pryriz as the head of the Jubilee 2025 Committee.
14. Approve the appointment of Fr. Teodosii Hren, OSBM, as the deputy head of the Jubilee 2025 Committee.
15. Approve the appointment of Bishop Bohdan Manishyn as the head of the Department of Military Chaplaincy of the Patriarchal Curia of the UGCC.
16. Take note of the report of the Justice Department on the state of judicial proceedings in the UGCC.
17. Establish the honor of the Father and Head of the UGCC for clergy: "Order of Blessed Priest-Martyr Omelyan Kovch."
18. Approve the Statute of the Order of the Father and Head of the UGCC for clergy: "Order of Blessed Priest-Martyr Omelyan Kovch," with amendments and corrections.
19. Amend the Statute of the UGCC Priest Solidarity Fund.
20. Introduce the title "Social Ministry" into the structure of the Code of Canons of the UGCC.
21. Take note of the progress on the Code of Canons of the UGCC.
22. Take note of the report on the activities of the Social Ministry Department of the UGCC during the war.
23. Take note of the report on the activities of the Caritas Ukraine Charitable Foundation.
24. Take note of the progress of the program for clergy "Healing the Wounds of War."
25. For the fulfillment of the evangelization mission of the UGCC:

I. At the general Church level:

A. Encourage UGCC faithful:

1. to transmit the faith and give witness to Christian life within the family;

2. according to decision 7, G, 3 of the Synod of Bishops of 2015 and decision 6, V, 3 of the Synod of Bishops of 2018, to read the Word of God daily (e.g., the Gospel of the day);
3. to cultivate the practice of family communal prayer;
4. to hold a family meal and share the Divine Word heard in church on Sundays after the Divine Liturgy.

B. Entrust the Patriarchal Commission for Evangelization:

1. to create “Schools of Evangelization” at monasteries, pilgrimage sites, church educational institutions, and parishes, aligning with the spiritual tradition of the UGCC and conducting activities under the guidance of the Diocesan Commission for Evangelization according to the program of the Patriarchal Commission for Evangelization;
2. to refine the evangelization program “We Want to See Jesus”;
3. to publish academic materials on evangelization and the preparation of kerygmatic sermons;
4. to prepare a course on kerygmatic proclamation for inclusion in seminary education and ongoing priestly formation;
5. to prepare a course on kerygmatic proclamation of the Gospel for military chaplains (priests, consecrated persons, and laypeople).

C. Entrust the Patriarchal Catechetical Commission to update the Program for prayerful reading of the Holy Scriptures with commentaries for daily use in families and parish Bible study groups and communities.

D. Entrust the Patriarchal Liturgical Commission to continue the series of brief explanatory texts for clergy on all services, church rites, and our traditions in an evangelistic context.

E. Entrust the Patriarchal Commission for Monastic Affairs to recommend to the major superiors of institutes of consecrated life that annual retreats for consecrated persons have a kerygmatic dimension.

(continued next week...)

Source: https://stjosaphateparchy.com/synod-decisions-2024/?mc_cid=2c97301d22&mc_eid=1f64c67398

NOTE ON HOLY SACRAMENTS OF THE EUCHARIST & RECONCILIATION (CONFESSION)

Generally, Catholics (and some non-Catholics under certain conditions) receive Holy Communion worthily if they do not have even one mortal sin on his/her soul (one sins mortally when all of the following three conditions are present: grave matter (10 Commandments), full knowledge, and deliberate consent), and, usually, these are people who go to confession more or less frequently; one is permitted to receive Holy Communion with the venial sins on his/her soul. Otherwise, if one receives Holy Communion unworthily, namely with mortal sin(s) on his/her soul and is aware of it, committing it with deliberate consent, one commits another mortal

sin. Although, certainly, it is possible to live one's life without committing even one mortal sin for a long time and, hence, have no need for confession for a long time, such people could be considered exceptions. Also, in accordance with the Church Commandments (also known as the Church Precepts), a minimal requirement is for a person to go to confession at least once a year as well as to receive Holy Communion at least during the Easter season: to go to confession provided one committed at least one mortal sin and to receive Holy Communion provided one did not commit even one mortal sin.

Revised on April 4, 2023.

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.