



# 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)

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

## Sunday, December 18, 2022

**Sunday Before Christmas: Of the Holy Fathers**

**Tone: 3**

**Epistle: Hebrews 11:9-10 & 32-40**

**Gospel: Matthew 1:1-25**

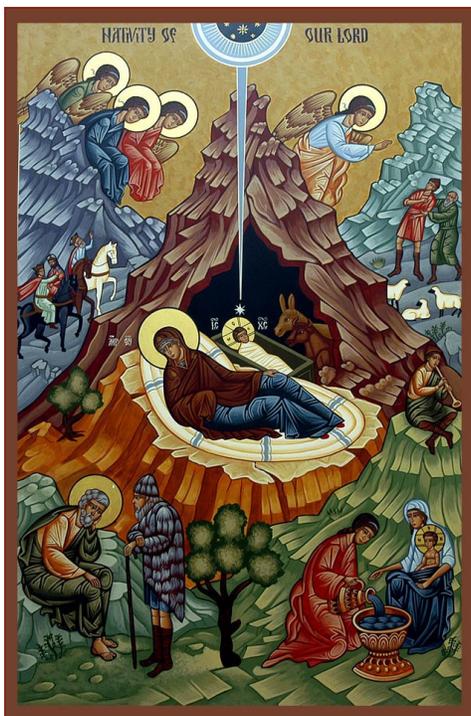
### Liturgical Greetings

#### Greeting:

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

#### Response:

"Glory Forever!"  
"Slava Na Veeky!"



### Next Sunday:

December 25, 2022  
**Nativity of Our Lord**

**Tones: Festive**

**Epistle: Galatians 4:4-7**  
**Gospel: Matthew 2:1-12**

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

**Sunday Before Christmas: Of the Holy Fathers (December 18th)**

Day:	Date:	Place:	Time:	Intention:	Offered/Requested By:	Cantor(s)/Reader(s):
<b>Sunday Before Christmas - Of the Holy Fathers</b>						
Sun	Dec 18	HT	8:00a 8:30a	Praying of the Holy Rosary Divine Liturgy of St. John Chrysostom for the Parishioners of Both Churches		J. Bodak Choir
Mon	Dec 19	<b>No Service</b>				
Tue	Dec 20	SA	8:00a	†Miroslaw Danylo		J. Bodak
Wed	Dec 21	SA	9:00a	†Roxanne & †Mary Louise Macynski		C. Elias
Thu	Dec 22	HT	9:00a	†George Popovich	Mary Ann Popovich	M. Woloszyn
Fri	Dec 23	HT	9:00a	†Mary Fedak	Lorraine Fedak	J. Bodak/J. Billy
Sat	Dec 24	SA	8:30p 9:00p	<b>Nativity of Our Lord</b> Christmas Compline Christmas Divine Liturgy of St. Basil the Great for the Parishioners of St. Anne Church		Choir
Sun	Dec 25	HT	8:30a 9:00a	<b>Nativity of Our Lord</b> Christmas Compline Christmas Divine Liturgy of St. Basil the Great for the Parishioners of Holy Trinity Church		Choir

\*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, Karen Kihm, 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, John Panko III, Dave Kishton, Fr. Andrzej, Judy Lepore, Jimi Stevens, Carol Martyn Dow, Tonja Delaine, Joann Panko, Kateryna Bolshahova, Andriy Y., Michael Sweder, and William J. Smith

### Sunday Socials

We would like to thank **Joanne Yukon** at St. Anne Church and **Delores Karnofel** at Holy Trinity Church for sponsoring their respective Sunday Socials.

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

### **Holy Trinity Church**

Dec 20: Ann Karnofel (100) Dec 25: Anna Marcyszyn

*На Многую ee Благуя Leeta!*

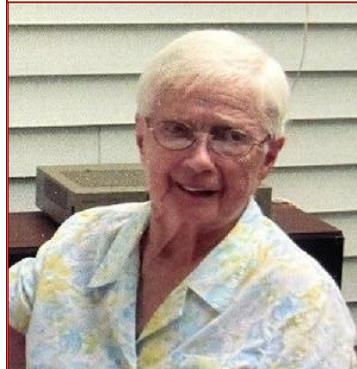
### *St. Anne Church Prayers Requested*

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

**†Anne Krill**

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

**"Vichnaya Pamyat!"**



### **A Major Milestone**

The parishioners at Holy Trinity and St. Anne Churches would like to wish

**Ann Karnofel**

a very happy and blessed

**100th**

birthday on December 20th!

### 2023 Contribution Envelopes

We have been advised by our contribution envelope supplier that, due to mechanical problems and various staffing issues, there is a strong possibility that envelopes at both Holy Trinity and St. Anne Churches will not be available for pick up by or mailing to parishioners until the new year. Please bear with us (and them!) at this time.

***Thank you!***

**МОЛІТЬСЯ ЗА УКРАЇНУ!**

**PRAY FOR UKRAINE!**

My dear Friends,

### Glory to Jesus Christ!

Blessed Sunday of the Holy Fathers 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 Nativity Fast.

**As we are getting closer to the celebration of our Lord and Savior Jesus Christ's Nativity**, you can find **some family catechesis activities** in preparation for the celebration of this grand salvific event at the following eparchial link: [https://stjosaphateparchy.com/the-nativity-of-christ/?mc\\_cid=a3522edf55&mc\\_eid=d5728b89c0](https://stjosaphateparchy.com/the-nativity-of-christ/?mc_cid=a3522edf55&mc_eid=d5728b89c0)

On another note, this coming Tuesday, **December 20**, a parishioner of Holy Trinity Church, **Ann Karnofel is celebrating her 100<sup>th</sup> Birthday**. What a wonderful milestone! On such a joyous and special occasion, I, first of all, would like to thank our Triune Lord: The Father, The Son, and The Holy Spirit for the gift of Ann to our Ukrainian Catholic Church as well as to wish her, through the intercession of the Most Holy Theotokos and all the Holy Angels and Saints, our Lord's abundant blessings for many healthy and happy years! Happy 100<sup>th</sup> Birthday, Ann! **Многая літа!** [Mnohaya leeta!] If anyone would like to send Ann a card and/or a gift, you may do so by mailing them to her at the following address:

Windsor House at Liberty  
ATTN: Ann Karnofel  
1355 Churchill Hubbard Rd.  
Youngstown, OH 44505

**Sadly, the situation in our beloved 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!

**If you would like to become a sponsor for the Ukrainians fleeing the war in Ukraine and looking for refuge here in the United States**, please contact an organization called **North America for Ukraine** and thank you for your kind consideration:

<https://na4ukraine.org/>

<https://www.facebook.com/groups/na4ukraine/>

[info@na4ukraine.com](mailto:info@na4ukraine.com)

- 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**.
- Please keep in your prayers **Bishop John Bura** as well as **Msgr. Michael Rewtiuk** as they are going through some health challenges. Thank you!
- Please also keep in your prayers the soul of **Anne Krill**, a parishioner of St. Anne Church, who died on December 12, 2022 in North Jackson, OH at the age of 97 (<https://www.kinnickfuneralhome.com/obituary/Anne-Krill>). The funeral took place this past Thursday, December 15<sup>th</sup>. Please likewise keep in your prayers all the loved ones she left behind. Thank you and may Anne's memory be eternal! **Вічна пам'ять!** [Veechnaya pamyat!]
- Also, it was brought to my attention lately that a **U.S. Army veteran, Trent Davis from Pennsylvania had been recently killed during the ongoing war in Ukraine** (he went to Ukraine two times and was killed when he was there second time) and the family is raising money to help with the funeral expenses. If you would like make an online donation for this cause, please go to <https://gofund.me/2b68f4fd>. Thank you very much! I, as a Ukrainian, am deeply grateful to Mr. Davis for his ultimate sacrifice for the freedom of my native land and pray that our immensely merciful Lord may rest his soul in His Heavenly Kingdom giving consolation to all the loved ones he left behind! Eternal memory! **Вічна пам'ять!** [Veechnaya pamyat!]

(over)

- I would like **to thank everyone who recently helped with the baking of the Christmas bread and kolachi at Holy Trinity Church as well as everyone who helped this year with decorating Holy Trinity and St. Anne Churches for Christmas.** Thank you all for your kindness! May our immensely good Lord reward you manifold for your benevolence in this life and in the life to come!
- You may watch the playback of the recent **"Aid for Ukraine" Special Concert** at convenience at <https://vidultra.com/concert>. If anyone still would like to make a donation for Ukraine in connection to the concert, he/she may do so:  
through PayPal by clicking on the Ukrainian Fund Donation button at <https://vidultra.com/concert>;  
by cash or check (please write the check to *St. Anne Ukrainian Catholic Church* and put in the memo section: *Aid to Ukraine Concert*), mailing/delivering it to:

St. Anne Ukrainian Catholic Church, ATTN: Aid to Ukraine Concert, 4310 Kirk Road, Austintown, OH 44511

Thank you all!

- Recently (**December 4<sup>th</sup> of this year**), there was a **wonderful concert at the Carnegie Hall in New York City to celebrate the 100<sup>th</sup> anniversary of the world-famous Ukrainian "Carol of the Bells."** Among all of the performers were the Children's Choir "Shchedryk" from Ukraine's capital Kyiv ("Shchedryk" is the title of the "Carol of the Bells" in Ukrainian), the Ukrainian Chorus Dumka of New York as well as the Ukrainian Bandurist Chorus of North America a member of which is a parishioner of St. Anne Church, Fred Yasnowski. To watch a replay of the concert as well as to learn more about the event, please go to: <https://www.carolofthebells100.org/>.
- 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](http://www.holytrinityucc.com) and [www.stanneucc.com](http://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 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 of the Holy Fathers, a blessed week and a spiritually fruitful Nativity Fast! Happy 100<sup>th</sup> Birthday to Ann Karnofel! May our Lord always bless America, Ukraine, and the rest of the world!

**Слава Ісусу Христу!**

**Слава Україні!**

With prayers in the Triune Lord and the Theotokos,



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 <https://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 Road  
P.O. Box 347180  
Parma, OH 44134

#### 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.

#### Save the Date

#### **The Second Annual Men's Retreat: "The Gift of Prayer"**

**Where:** Our Lady of the Pines Retreat Center, Fremont, Ohio

**When:** March 10, 2023-March 12, 2023

**Retreat Master:** Father Cyril Pinchak, SJ

Contact **Karl Busam** for further information at 419-626-6811 or [karl.busam.77@gmail.com](mailto:karl.busam.77@gmail.com)

#### Save the Date:

#### **The Tenth Annual Women's Retreat From Fallen Passions to Apathia: Pursuing the Virtuous Life**

**Where:** Our Lady of the Pines Retreat Center, Fremont, Ohio

**When:** February 24, 2023-February 26, 2023

**Retreat Master:** Father Thomas J. Loya, STB, MA.

Contact **Joan Washburn** for further information at 865-696-7809

#### 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-vidkriy-spetsrahunok-dlya-zboru-koshtiv-na-potrebi-armiyi>

Here are the bank requisites based 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 go to his/her bank and do it personally there on location):

**BENEFICIARY:** National Bank of Ukraine

**BENEFICIARY ACCOUNT NUMBER:** 47330992708

**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:** 804790258

**INTERMEDIARY BANK BIC:** CHASUS33

**ABA:** 0210 0002 1

**INTERMEDIARY BANK ADDRESS:** 383 Madison Avenue, 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, OH) and St. Anne Ukrainian Catholic Church (Austintown, OH) at 330-744-5820 / [yngolytrinity@att.net](mailto:yngolytrinity@att.net)

#### *Remember Our Shut-Ins*

Now, especially, is a time of year to remember our parish family members who are unable to attend Divine Liturgy. We want them to know that we miss them, we love them, and are praying for them. **Remember them in your prayers. Call them.**  
**Send them a note of cheer this holiday season.**

#### Holy Trinity Church

Ann Blazina	980 Lincoln Ave., Girard, Ohio 44420
Kay Borovitcky	2721 San Pedro Dr., Youngstown, Ohio 44511
Ann Karnofel	1355 Churchill Hubbard Rd., Youngstown, Ohio 44505
Dan Malarcik	71 Melbourne Ave., Youngstown, Ohio 44512
Yvonne Mudryk	1252 Shanafelt Ave., Akron, Ohio 44312
Charlotte Nachim	650 Esme Dr., Girard, Ohio 44420
Delores Shuluga	4160 Bob-O-Link Dr., Youngstown, Ohio 44511

#### St. Anne Church

Karen Kihm	8064 South Ave. #1, Boardman, Ohio 44512
Susan Kurtiak	8064 South Ave. #1, Boardman, Ohio 44512
Mary Ann Malahtaris	634 N. Bon Air Ave., Youngstown, Ohio 44509
Helen Yurchison	2675 N Lipkey Rd., North Jackson, Ohio 44451

### St. Anne Church Financials for the Weeks Ending December 11, 2022

	11/27/2022	12/4/2022	12/11/2022
Loose Offerings:	\$ 3.00		
Weekly Offerings:	\$ 382.00	\$367.00	\$1,362.00
Energy Needs:		\$ 5.00	\$ 25.00
Maint/Cleaning:		\$ 5.00	
Candle Off (Env):		\$ 5.00	
Pyrohy:	\$ 3,150.00	\$ 1,289.00	\$ 1,795.00
Rental Income:		\$ 525.00	
Accessible Home Services:		\$ 5,750.00	
Gas Royalty:			\$ 280.82
Reimb/Holy Trinity:			\$ 59.29
Aid/Ukr. Concert:	\$ 1,968.41	\$ 150.00	\$ 425.00
Ukr. Humanit. Aid:		\$ 2.00	\$ 31.00
Initial Offering:			\$ 10.00
Dues:			\$ 60.00
Christmas Flowers:	\$ 40.00	\$ 200.00	\$ 125.00
St. Nicholas:		\$ 10.00	\$ 5.00
Conception/St. Anne:		\$ 10.00	\$ 5.00
Nativity of Our Lord:	\$ 40.00	\$ 25.00	\$ 50.00
Synaxis/Theotokos:		\$ 5.00	
St. Stephen:		\$ 5.00	
Entrance/Theotokos:		\$ 5.00	\$ 10.00
Seminary Collection II:		\$ 5.00	
Andrew's Pence:	\$ 5.00		
Retired Priests:		\$ 5.00	\$ 75.00
<b>Deposit:</b>	<b>\$ 5,588.41</b>	<b>\$ 8,368.00</b>	<b>\$ 4,318.11</b>
Attendance:	27		33

### Holy Trinity Church Financials for the Week Ending December 11, 2022

Candles:	\$ 186.00	Christmas:	\$ 300.00
Weekly Offering:	\$ 855.00	Synaxis/Theotokos:	\$ 20.00
Dues:	\$ 55.00	St. Stephen:	\$ 10.00
Diocesan:	\$ 10.00	Repairs/Maint:	\$ 30.00
Special:	\$ 80.00	St. Anne Reimb:	\$ 4,111.00
Christmas Plants:	\$ 20.00	50/50:	\$ 25.00
Christmas Dec.:	\$ 20.00	<b>Deposit:</b>	<b>\$ 5,779.98</b>
Seminary:	\$ 20.00	December 50/50:	\$ 30.00
St. Nicholas:	\$ 12.00	Attendance:	50
Concep/St. Anne:	\$ 25.00		



## CHANGE A LIFE.

### BECOME A SPONSOR.

North America for Ukraine needs families to sponsor a Ukrainian family or individual to provide an opportunity for independence in the USA.

On April 25th the DHS announced the pathway for Ukrainians to seek refuge in the USA through the "Uniting for Ukraine" (U4U) program.

U4U requires Ukrainians to be sponsored by an eligible citizen in the USA.




Scan to learn more!

## 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 | Email: info@NA4Ukraine.org  
Instagram: enorthamericaforukraine | Website: na4ukraine.org

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

Dear Ukraine



I hope yall win, I'm thinking about you and ur family. I hope yall do go and stay safe.  
**СОЛЯШНИК**



From Saint John School United States Ohio

## 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 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:

1. 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.
2. 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.
3. 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.
4. 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]:

1. 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, gizzards, etc. Although it is not the authentic practice of the Tradition[,] the meat of fish and crustaceans may be eaten, as well as those mammals, that live constantly in water, as, e.g., whales.
2. 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.
3. Fats of plant origin, e.g., those derived from olives, coconuts, seeds of the sunflower and of the pumpkin, may be used.
4. 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.
5. 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.
6. The following are exempt from abstinence:
  - (a) the poor who live on alms;
  - (b) sick and frail persons;
  - (c) convalescents who are returning to their strength;
  - (d) pregnant women, and mothers who are nursing their children;
  - (e) persons who perform hard labor;
  - (f) children who have not completed their seventh [currently, fourteenth] year of age;
  - (g) [p]ersons who have completed their 59th year of age with permission of their pastor or confessor"(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:

1. 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.
2. Abstinence from meat and all dairy products on the first day of the Great Fast (Lent) and on Good Friday.
3. 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).
4. 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 November 15, 2022.*

### **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.

# 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 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 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 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.**