



# 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)

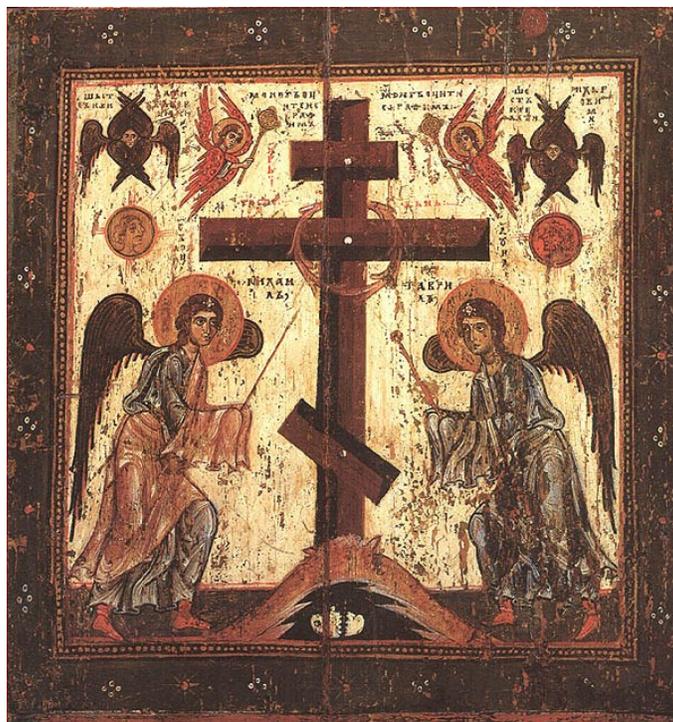
## Sunday, March 12, 2023

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

Tone: 7

Epistle: Hebrews 4:14-5:6

Gospel: Mark 8:34-9:1



### Liturgical Greetings

#### Greeting:

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

#### Response:

"Glory Forever!"  
"Slava Na Veeky!"

#### Next Sunday:

March 19, 2023

4th Sunday of the Great Fast:  
St. John Climacus

#### Tone: 8

Epistle: Hebrews 6:13-20;  
Ephesians 5:8-19  
Gospel: Mark 9:17-31;  
Matthew 4:25-5:12

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

**3rd Sunday of the Great Fast: Veneration of the Holy Cross (March 12th)**

Day:	Date:	Place:	Time:	Intention:	Offered/Requested By:	Cantor(s)/Reader(s):
<b>3rd Sunday of the Great Fast: Sunday of the Veneration of the Holy Cross</b>						
Sun	Mar 12	SA	8:30a	Divine Liturgy of St. Basil the Great in private intention(s)*		K. Scenna
		HT	10:30a	Praying of the Holy Rosary		J. Bodak
			11:00a	Divine Liturgy of St. Basil the Great for the Parishioners of Both Churches		M. Marczyzyn
Mon	Mar 13	<b>No Service</b>				
Tue	Mar 14	HT	9:00a	Typica for the Deceased		
Wed	Mar 15	KFH	1:00p	Funeral for †Maria Matlak at Kinnick Funeral Home (477 N. Meridian Rd., Youngstown)		
		SA	5:00p	Divine Liturgy of the Presanctified Gifts for Peace and Justice in Ukraine		J. Bodak/J. Billy
Thu	Mar 16	HT	9:00a	Typica for the Deceased		M. Woloszyn
Fri	Mar 17	<b>No Service</b>				
Sat	Mar 18	<b>All Souls Saturday - No Services</b>				
<b>4th Sunday of the Great Fast: St. John Climacus</b>						
Sun	Mar 19	SA	8:30a	Divine Liturgy of St. Basil the Great 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. Basil the Great for the Parishioners of Holy Trinity Church		K. Kreuzwieser
*Fr. Lubomir Zhybak's private intention(s)						

### Prayer Requests

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

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

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

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

### \*\*\*Important\*\*\*

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

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

### Holy Trinity Church

Mar 13: Jack Fedak    Mar 13: Martha Terlecky

Mar 16: Lucille Kish    Mar 16: Karen Kowal

*Na Mnohaya ee Blahaya Leeta!*

### Easter Flower Submissions

Starting with next week's collections, feel free to begin submitting your Easter flower memorial lists.

### *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 former Holy Trinity Church parishioner

**†Maria Matlak**

May God grant †Maria Eternal Memory!

**"Vichnaya Pamyat"**

### Prayer Group Welcomes the Public to Pray for Ukraine

A prayer group praying for Ukraine, which involves several individuals from our parishes, continues to meet weekly on Tuesdays at the Shrine of Our Lady Comforter of the Afflicted from 9:15-10:15a. You are both welcome and strongly encouraged to attend this group's weekly event. As a reminder, the Shrine is located at 517 S. Belle Vista Ave. in Youngstown.

### Holy Trinity Church Financials for the Week Ending March 5, 2023

Candle/Misc. Off: \$42.00	Easter Plants: \$40.00
Weekly Offering: \$640.00	Church/C&E Euro: \$50.00
Dues: \$30.00	<b>Deposit: \$807.00</b>
Diocesan: \$5.00	Attendance: 39

My dear Friends,

### Glory to Jesus Christ!

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

**This year we commemorate in the Church the 400<sup>th</sup> anniversary of St. Josaphat Kuntsevich's martyrdom.** St. Josaphat is a patron saint of our eparchy and, at our bishop's request starting with this month of March, we'll be publishing in the bulletin on a monthly basis some information about this holy martyr of unity in the Church as found on our eparchial website (for the first informational installment, see the bulletin and/or go to: [https://stjosaphateparchy.com/400th-anniversary-of-the-martyrdom-of-the-holy-martyr-josaphat/?mc\\_cid=8ef629532f&mc\\_eid=d5728b89c0](https://stjosaphateparchy.com/400th-anniversary-of-the-martyrdom-of-the-holy-martyr-josaphat/?mc_cid=8ef629532f&mc_eid=d5728b89c0)).

**Congratulations to our Holy Father, Pope Francis tomorrow, March 13<sup>th</sup> on the 10<sup>th</sup> anniversary of his election as the Bishop of Rome!** May our Triune Lord: The Father, The Son, and The Holy Spirit continue to bless Pope Francis for many blessed years of life! Ad multos annos! Многая літа!

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

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

- 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**.
- **I'll be away from March 17<sup>th</sup> till March 19<sup>th</sup> giving a Lenten Retreat at the Pokrova Ukrainian Catholic Church in Parma, OH.** Consequently, there will be no Liturgy of the Presanctified Gifts on Friday, March 17<sup>th</sup> at Holy Trinity Church as well as no services for the deceased on All Souls Saturday, March 18<sup>th</sup> also at Holy Trinity Church; apologies for any inconvenience. However, Fr. John Chirovsky will substitute for me on Sunday, March 19<sup>th</sup> at both parishes. For any emergency, please call me at my cell at 330-888-8881.
- If you would like to include your deceased loved ones in the liturgical services this year on **All Souls Saturday on May 27<sup>th</sup>** as well as in the services and prayers for the deceased during Lent (**Sorokousty**), kindly provide their names to me (*please print/type clearly*).
- **The Liturgy of the Presanctified Gifts on Wednesday, March 8<sup>th</sup> at St. Anne Church** was celebrated for **+Karen Kihm** and not for peace and justice in Ukraine as was indicated in the bulletin. Apologies for this inadvertent error in the bulletin.
- Please keep in your prayers the soul of a former parishioner of Holy Trinity Church, **Maria Matlak**, who died on March 6<sup>th</sup> of this year at the age of 74 in Gafney, South Carolina, and whose funeral services are to take place this coming Wednesday, March 15<sup>th</sup> at 1 pm at Kinnick Funeral Home in Youngstown (477 North Meridian Rd.). Please also pray for all the loved ones she left behind. Thank you! Eternal memory! Вічна пам'ять!
- We have **Super Cash Bonanza charity tickets** from the Ohio State Council of the Knights of Columbus for sale. They are \$5.00 each (over \$108,000.00 in cash prizes) and all proceeds will be used towards local charities. For every ticket sold

(over)

in our two parishes, \$3.00 will go to the Knights of Columbus and \$2.00 will be kept by a parish. **Please purchase your tickets by May 9<sup>th</sup>; drawing date: May 20<sup>th</sup>.** Please consider buying them as both of our parishes can benefit from it. Thank you! For more information online, please go to: <https://kofcoho.org/programs/super-cash-bonanza/>.

- We are continuing collecting certain needed items at both parishes for a local branch of the **Society of St. Vincent de Paul**. You'll find a special box for the items at each church. Please be generous and thank you for your benevolence! **Thank you also to those who already donated the needed items!** If you would like to make a monetary donation, you may do so either online at <https://www.mahoningsvdp.com/product-category/donation-levels/> or by mailing your check to:

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

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

- Let's continue to **keep in our prayers all people who are on the prayer lists, especially the sick.** May our Triune God: The Father, The Son, and The Holy Spirit bless all of them through the intercession of His and our Most Holy Mother and all the Holy Angels and Saints!
- Our weekly bulletins are available online at both churches' websites ([www.holytrinityucc.com](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, blessed week, and a spiritual-ly fruitful Lent! May our Lord always bless America, Ukraine, and the rest of the world!

Слава Ісусу Христу!

With prayers in the Triune Lord and the Theotokos,

*Fr. Lubomir*

МОЛІТЬСЯ ЗА УКРАЇНУ!

PRAY FOR UKRAINE!



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

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

**BINGO**

**FOR UKRAINE**

**EVERY WEDNESDAY IN MARCH**

Great Prizes    Food & Music    New LED Lights Installed

**at 6:45 – COME JOIN US FOR THE GAME**

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



## UKRAINIAN CATHOLIC EPARCHY OF SAINT JOSAPHAT IN PARMA

### 400TH ANNIVERSARY OF THE MARTYRDOM OF THE HOLY MARTYR JOSAPHAT

In 2023, we commemorate the 400th anniversary of the martyrdom of St. Josaphat Kuntsevich. This anniversary date should be an opportunity for us to rediscover the identity of the great ascetic, monk and shepherd, so that his example will inspire us to serve God heroically in the faithful service of God's people and to unite all for Christ.

Ivan (Josaphat) Kuntsevych was born in 1580 in a bourgeois family of Gabriel and Maria in the princely city of Vladimir-Volynsky. He was baptized in the local church of St. Paraskevia of Iconium, also known as Paraskeva Pyatnitsa. Ivan spent his childhood and youth in his hometown of Vladimir-Volynsky.

In 1596, when Ivan was 16 years old, his parents sent him to Vilna to learn the science and practice of merchant craft from Yakyntij Popovich. He resisted various persuasions from Yakyntij Popovich and left the merchant's business to become a merchant of heavenly virtues and dedicate himself to the service of God.

In 1604 he entered the desolate monastery of the Holy Trinity in Vilna. He was accepted as a monk and tonsured by the Kiev Metropolitan Hypatius Potius himself and took the monastic name – Josaphat.

In 1609, Josaphat Kuntsevich was ordained a priest by Metropolitan Hypatius Potius. Josaphat, through his teaching, kind words and charity, "attracted" to the Kyivan Union Church a large number of people who renounced the schism and became zealous Catholics. The enemies, seeing the great successes of the holy man, tried to find some guilt or flaw in him in various ways and not finding anything in St. Josaphat because of their envy, gave him the name of a soul-catcher.

In 1613, by order of Metropolitan Veljamin Rutsky, Josaphat was appointed as abbot of the Byten monastery. Metropolitan Veljamin Rutsky in 1615 appointed Josaphat as assistant bishop to the Archeparchy of Polotsk. In 1618, after the death of the old Archbishop Gideon, Josaphat took over the Archeparchy as the new Archbishop of Polotsk.

On Sunday, November 12, 1623, he was killed. Josaphat Kuntsevich led more people to unity by his martyrdom than through his hard work during his lifetime. Pope Urban VIII on May 16, 1643 listed Archbishop Josaphat Kuntsevich among the blessed. In 1644, on November 12, the first celebration of the feast of Archbishop Josaphat Kuntsevich took place in Rome. On June 29, 1867, Pope Pius IX inscribed the holy martyr Josaphat Kuntsevich among the holy martyrs with a solemn bull.

**Source:** Ukrainian Catholic Eparchy of St. Josaphat in Parma ([https://stjosaphateparchy.com/400th-anniversary-of-the-martyrdom-of-the-holy-martyr-josaphat/?mc\\_cid=8ef629532f&mc\\_eid=d5728b89c0](https://stjosaphateparchy.com/400th-anniversary-of-the-martyrdom-of-the-holy-martyr-josaphat/?mc_cid=8ef629532f&mc_eid=d5728b89c0))

### **Holy Trinity Easter Bread Baking**

Orders will be taken by: **Marlene Antonchak @ 330-539-4730**

Date: **April 1, 2023**

Cost: **\$7 for plain and \$8 for raisin**

As always, some things to be aware of:

1. Baking will be limited and once orders are full, no additional orders will be taken.
2. Please do not give your order to anyone other than Marlene. We cannot guarantee availability if you do.

**Volunteers Wanted (and Appreciated!)**



# Change a Life.

BECOME A SPONSOR

## SPONSORS PROVIDE

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

## REASONS TO SPONSOR

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

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

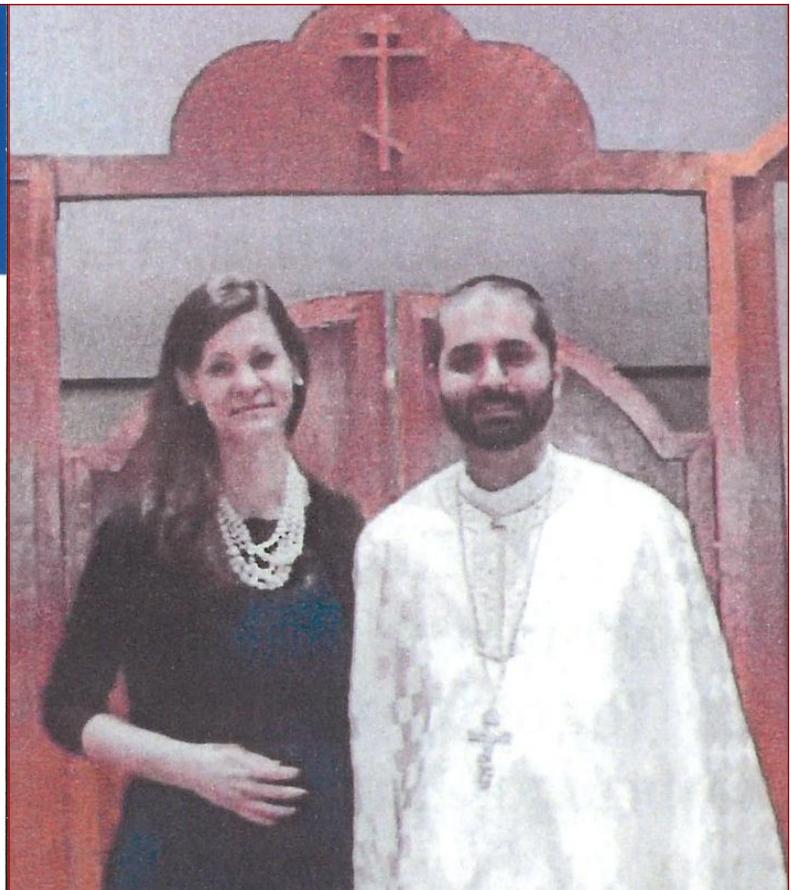
*-Elena T.*

## MISSION STATEMENT

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

Facebook: North America for Ukraine  
Instagram: @northamericaforukraine

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



### Saints Peter and Paul Ukrainian Catholic Church

404 6th Street

Ambridge, Pennsylvania

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

### *The Holy Eucharist: The Medicine of Immortality*

Presented by Rev. Joseph Matlak and Mrs. Katie Matlak

Monday, Tuesday, and Wednesday:

\*Eucharist Akafist each evening at 6pm

\*Confessions each evening before and after service

\*Monday and Tuesday:

religious articles for sale in Millennium Room

\*Wednesday evening

light social after closing service in Millennium Room

### **Society of St. Vincent de Paul Collection**

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



Я знаю, що не можу говорити про це з власного досвіду, але співчуваю Вам і бажаю всього найкращого. Я сподіваюся, що Ваша країна вийде з цього, і що Ваша сім'я в безпеці.

I know that I can't speak from experience about this, but I feel for you and wish you all the best. I hope your country comes out of this, and that your family is safe.

P.S. If I messed up the Ukrainian, I apologize.

Edited for space.

**St. Anne Church Financials for the Weeks Ending March 5, 2023**

	2/19/23	2/26/23	3/5/23
Loose Offering:	\$1.00		
Weekly Offerings:	\$445.00	\$560.00	\$490.00
Pyrohy (non-Fri):	\$1,437.00	\$2,478.00	\$4,072.00
Ukr. Donations (Fri. Pyr):	\$22.00	\$71.00	\$68.00
Rental - Houses:			\$625.00
Gas Royalty:			\$172.76
Dues:		\$30.00	\$45.00
<b>Deposit:</b>	<b>\$1,905.00</b>	<b>\$3,139.00</b>	<b>\$5,427.76</b>
Attendance:	31	33	30

**UNITING FOR UKRAINE  
WELCOME  
CIRCLES**

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

**UKRAINIANS  
NEED YOUR HELP!**

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

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

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

**FOR MORE INFORMATION, VISIT:**

- <https://www.uscis.gov/ukraine>
- <https://ukraine.welcome.us>
- <https://www.sponsorcircles.org/program>

**READY TO TAKE THE NEXT STEP?**

Skmurphy@ccdacle.org

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The League of Ukrainian Catholics

Ukrainian Catholic Bishops of the US



**Reflections for Great Lent**

Online Spiritual Retreat  
Sunday, March 19<sup>th</sup>, 2023  
4:00 pm EST

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

Register at [LeagueofUkrainianCatholics.org](http://LeagueofUkrainianCatholics.org)



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

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

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

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

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

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

The following are exempt from abstinence:

- (1) the poor who live on alms;
- (2) sick and frail persons;
- (3) convalescents who are returning to their strength;
- (4) pregnant women, and mothers who are nursing their children;
- (5) persons who perform hard labor;
- (6) children who have not completed their seventh [currently, fourteenth] year of age;
- (7) [p]ersons have completed their 59th year of age" with permission of their pastor or confessor"

[the clause "with permission of their pastor or confessor" is no longer valid... it could have been an original error, too...]

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

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

\*Abstinence from meat on all Fridays of the year except those which occur in privileged weeks and on 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).

# PLEASE HELP UKRAINE!

## БУДЬ-ЛАСКА, ДОПОМОЖІТЬ УКРАЇНІ!

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

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

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

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

### **OPTION 1**

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

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

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

### **OPTION 2**

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

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

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

**BENEFICIARY: National Bank of Ukraine**

**BENEFICIARY ACCOUNT NUMBER: 4330992708**

**BENEFICIARY BIC: NBUA UA UX**

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

**INTERMEDIARY BANK NAME: JP MORGAN CHASE BANK, New York**

**INTERMEDIARY BANK ACCOUNT NUMBER: 80490258**

**INTERMEDIARY BANK BIC: CHASUS33**

**ABA: 0210 0002 1**

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

**PURPOSE OF PAYMENT: for crediting account 47330992708**

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

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

# Prayer Corner

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

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

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

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

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

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

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