



Holy Trinity and St. Anne Ukrainian Catholic Churches



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

Administrator:
Rev. Fr. Lubomir Zhybak
330-888-8881 (cell)
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Rev. Protodeacon Donald Billy

Administrative Assistant:
Dean Chance

St. Anne Church
4310 Kirk Road
Austintown, Ohio 44511
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Website: www.stanneucc.com

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

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

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

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

Sunday, June 18, 2023

Third Sunday After Pentecost

Tone: 2

Epistle: Romans 5:1-10

Gospel: Matthew 6:22-34

Liturgical Greetings

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:

June 25, 2023

Fourth Sunday After Pentecost;
Sunday of All Saints
of Rus'-Ukraine

Tones: 3 & Festive

Epistle: Romans 6:18-23; 8:28-39

Gospel: Matthew 8:5-13; 5:1-16

Nativity of St. John the Baptist (June 24th)

Day:	Date:	Place:	Time:	Intention:	Offered/Requested By:	Cantor(s)/Reader(s):
Third Sunday After Pentecost						
Sun	Jun 18	SA	8:30a	Divine Liturgy of St. John Chrysostom in private intention(s)* preceded by the Moleben to Christ the Lover of Mankind for Peace and Justice in Ukraine @ 8:10am		P. Machingo
		HT	10:20a	Praying of the Holy Rosary		J. Bodak
			11:00a	Divine Liturgy of St. John Chrysostom for the Parishioners of Both Churches preceded by the Moleben to Christ the Lover of Mankind for Peace and Justice in Ukraine @ 10:40am	J. Kicz	
Mon	Jun 19	No Service - Happy Juneteenth!				
Tue	Jun 20	HT	8:00a	†Rose Borton followed by the Moleben to Christ the Lover of Mankind for Peace and Justice in Ukraine	Barbara Valinsky	J. Bodak
Wed	Jun 21	HT	8:00a	†Carl Smith followed by the Moleben to Christ the Lover of Mankind for Peace and Justice in Ukraine	Fran and Brian Chadwick	J. Bodak
Thu	Jun 22	HT	9:00a	†Stephana Liptak followed by the Moleben to Christ the Lover of Mankind for Peace and Justice in Ukraine	Richard and Mary Jane Bury	M. Woloszyn
Fri	Jun 23	HT	9:00a	†Pauline Nachim followed by the Moleben to Christ the Lover of Mankind for Peace and Justice in Ukraine	Irene Dreboty	J. Bodak/J. Billy
		HT	4:00p	Vigil of the Nativity of St. John the Baptist Divine Liturgy for Peace and Justice in Ukraine		J. Bodak
Sat	Jun 24	Nativity of St. John the Baptist - No Service				
Fourth Sunday After Pentecost - Sunday of All Saints of Rus'-Ukraine						
Sun	Jun 25	SA	8:30a	Divine Liturgy of St. John Chrysostom in private intention(s)* preceded by the Moleben to Christ the Lover of Mankind for Peace and Justice in Ukraine @ 8:10am		P. Nachim
		HT	10:20a	Praying of the Holy Rosary		J. Bodak
			11:00a	Divine Liturgy of St. John Chrysostom for the Parishioners of Both Churches preceded by the Moleben to Christ the Lover of Mankind for Peace and Justice in Ukraine @ 10:40am	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, Katie Moran, 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, William J. Smith, Jim, Ivan M., Nadiya M., Anna F., Alexei Y., Nadiya Y., Volodymyr Y. and **Joe Beeson**

Holy Trinity Church *Eternal Light*

The Beck and Karnofel Families *are sponsoring the week of June 18th-24th in loving memory of*

†Peter Karnofel

"Happy Father's Day and Happy Birthday!"

Kevin Murphy Benefit Golf Open

Sunday, August 13, 2023
8:00AM Shotgun Start
4-person scramble

Sponsored by
President Charity Foundation
Olde Dutch Mill Golf Course
2745 Grandview Rd.
Lake Milton, OH 44429
330-654-4100

My dear Friends,

Glory to Jesus Christ!

Blessed Sunday to all of you! Also, a very special 'Happy Father's Day!' to all men who celebrate it today! I trust that my message found you and your loved ones all well and sound.

We began **the Apostles Fast** this year on June 5th (also known as *Petrivka* in our Church) that will last till June 29th – the feast of the Holy Apostles Peter and Paul. As we commenced this holy time of fasting, I wholeheartedly wish everyone to have a very blessed and spiritually fruitful fast, and I hope that this year's *Petrivka* will not be for you a pure technicality, but a time to prepare your hearts and minds worthily for the celebration of the feast of Holy Apostles Peter and Paul.

During **the month of June**, we are celebrating **Moleben to Christ the Lover of Mankind in the intention of peace and justice in Ukraine** (please follow the bulletin weekly for details). On Sundays, the Moleben will be celebrated immediately before the Divine Liturgy at each church. If you would like to go to confession on any given Sunday in June, please either let me know after the Liturgy or make an appointment with me.

We, Ohioans, need to take unwavering action against the proposed pro-abortion amendment to Ohio Constitution and VOTE NO on this amendment on the General Election Day, November 7th, or whenever you'll be voting this year! Let's unite in prayer and action, reaffirming our firm YES TO LIFE and NO TO DEATH! IF OUR LORD IS WITH US, WHO COULD BE AGAINST US (cf. Romans 8:31)?!

Sadly, the situation in our beloved Ukraine continues to remain grave. The country 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! Today our risen Lord is embracing 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. Today 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 abundantly for it in this life and in the life to come!

- If any of you, who are homebound, would like to partake 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 would like to wish a happy birthday to my Administrative Assistant, **Dean Chance** (June 20th). May our Triune Lord: The Father, The Son, and The Holy Spirit bless Dean for many happy and healthy years through the intercession of the Most Holy Theotokos and all the Holy Angels and Saints!
- Due to certain circumstance, **between June 11th and July 2nd of this year, I will have most of the Liturgies on Tuesdays and Wednesdays at Holy Trinity Church instead of St. Anne Church; however, most of the Liturgy intentions on those days will be from St. Anne's.** Thank you for your understanding and sincere apologies for any inconvenience.
- This year, the **Eparchial Youth Days (EYD)** are scheduled to take place on **June 23-24 (Fri. & Sat.)** at the **Breakneck Campground of the Cheeseman Farm in Portersville, PA.** The topic for this year's event is **You Are Not Here by Accident: "You Are the Light of the World,"** and the **main speaker is Father Michael Polosky** who is the Pastor of Sts. Peter & Paul Ukrainian Catholic Church in Ambridge, PA and the Administrator of Sts. Peter & Paul Ukrainian Catholic Church in Aliquippa, PA as well as the Protosyncellus (i.e., Vicar General) of our eparchy. I likewise encourage our parish youth to attend this wonderful event that I personally enjoy and that even our bishop usually (or perhaps always) participates in.

(con't)

For more information, please call (330-888-8881) or e-mail me (zhybak@hotmail.com).

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

May our Triune Lord: The Father, The Son, and The Holy Spirit continue to bless all of us in the world! May He help us stop all wars and conflicts on earth, especially the current war in Ukraine! May He protect everyone who is on the front lines defending his or her country's freedom! May He convert the hearts of all aggressors in the world! May He rest in peace the souls of all people on earth, who already died from these wars and conflicts, giving consolation to the families, relatives, and friends they left behind! Likewise, may our Lord protect each of us from all illnesses, especially the coronavirus disease! May He heal all the people in the world, who are infected with it! May He protect all people on earth who are on the front lines in the fight against it as well as everyone who works in public places! May He rest in peace the souls of all people in the world, who died from this and other diseases, giving consolation to the families, relatives, and friends they left behind! May our Lord our fill your hearts and the hearts of your loved ones with the authentic joy and peace that only He can give and may He always protect all of us here in America as well as our beloved people of Ukraine, helping us to end the war there! Let us present all of these petitions to our Lord through the intercession of the Most Holy Theotokos and all the Holy Angels and Saints!

Have a blessed Sunday, blessed week, and a spiritually fruitful Apostles Fast! May our Triune Lord: The Father, The Son, and The Holy Spirit always bless America, Ukraine, and the rest of the world through the intercession of the Most Holy Theotokos and all the Holy Angels and Saints! Happy Father's Day! Happy Juneteenth! Happy summer!

Слава Ісусу Христу!

Слава Україні!

With prayers in the Triune Lord and the Theotokos,



МОЛІТЬСЯ ЗА УКРАЇНУ!

PRAY FOR UKRAINE!

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 Jordan** are leading the drive at St. Anne Church.



METROPOLIA OF PHILADELPHIA
Ukrainian Catholic Church in the United States

*The light shines in the darkness,
and the darkness has not overcome it.*

-John 1:5

Very Reverend and Reverend Fathers,
Venerable Brothers and Sisters in Monastic and Religious Life,
Dearly Beloved Laity!

The war in Ukraine continues to cause terrible suffering for countless individuals. We see the deep wounds caused by the war's devastating destruction, maiming injury, and innumerable deaths. Yet, there is another kind of suffering that we tend to not discuss openly: the psychological traumas inflicted by the violence of war and mental health in general. Dr Hans Kluge, head of the World Health Organization's Europe region, writes about the war in Ukraine, "**Almost 10 million people at the present time are potentially at risk of mental disorders such as acute stress, anxiety, depression, substance use, and post-traumatic stress disorder or PTSD.**"¹ He goes on to state, "The greatest needs are in areas most severely impacted by the conflict, but populations in relatively safer parts of the country are also affected". Aid groups say that damage to mental health will be the most devastating legacy of the war in Ukraine.

Furthermore, 14 million people have been uprooted from their homes. Forced displacement is associated with various forms of stress and trauma, which are frequently overlooked and minimized. **The psychological distress associated with forced displacement is considered equivalent to the death of a loved one.** Emigration radically changes everything: geography, language, culture, circle of friends, the way people interact with one another, and often even one's profession. Sometimes there are distorted feelings of guilt or shame for being alive and safe while others are dying in Ukraine. Sudden disruptions in social connections can isolate and amplify loneliness. Children are especially vulnerable to traumatic events during displacement and the post-migration stressors they continue to be exposed to. Data suggest that refugee children have much greater mental health needs compared to the general population.²

Anxiety, sadness, difficulty sleeping, fatigue, anger and unexplained physical symptoms are all normal reactions to abnormal situations and reflect the nervous system's response to a heightened state of alertness, or "fight/flight" to protect a person from danger. For most people, these symptoms improve over time if basic needs are met, and they have social support. However, when one experiences repetitive, unpredictable threats to their personhood, the likelihood of developing complex post-traumatic stress disorder (cPTSD) increases.

What can we do? There is no simple answer. Our faith calls us to fellowship, our God calls us to communion. We need to find ways to share our plight with trusted individuals and engage in a supportive community where we can receive help. When we can speak and feel really listened to, then we are on the path toward recovery and healing. Knowing that there is someone who cares can change the life of a person who is suffering. God cares. We are called to care for each other. It is within supportive communities that we can also discover ways to give of ourselves, which also helps us adapt to new circumstances. Like the Good Samaritan in the Gospel, we must be attentive to the needs of others, listen,

¹ https://twitter.com/hans_kluge?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor

² <https://doi.org/10.1017/S2045796017000695> Published online by Cambridge University Press

offer respect, consideration, and love. Jesus' ministry was one of hope and healing. In imitating Christ, we provide hope and healing to others.

*But now thus says the Lord, he who created you, O Jacob,
he who formed you, O Israel:
“Fear not, for I have redeemed you;
I have called you by name, you are mine.
When you pass through the waters I will be with you;
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you.*

-Isaiah 43:1-2

In light of the war in Ukraine and its impact particularly in the global Ukrainian community, we would like to raise awareness regarding mental health. Violence causes trauma and mental illness. Mental illness is a source of deep suffering. Persons with mental illness often suffer in silence, hidden and unrecognized by others. Sometimes the psychological anguish is so great that depression sets in and even despair. A person's anguish can become unbearable, to the point that they desire to die. Very sadly, in recent months, Ukrainian communities in the USA have seen a number of suicides. Statistics indicate that there are an estimated 8-25 suicide attempts to one death by suicide. No group is exempt from being at risk of suicide. A new crisis support line was recently initiated in the USA. The Lifeline provides 24-hour, confidential support to anyone in suicidal crisis or emotional distress. One can call or text 988 to connect with a trained crisis counselor. This same crisis line offers guidelines to those who become aware of someone who is in serious distress.

Those who lost a loved one to suicide need particular care and attention. Their grief is often complicated by confusion, anger, and guilt. They wonder if they could have done something different to prevent the death of their loved one. They frequently feel alone, as if no one can understand their pain. We must not be afraid to initiate difficult conversations with survivors of suicide. We must help them discuss their profound loss. We need to be available to them in order to facilitate a painful journey toward healing. Additionally, there are survivor support groups such as Alliance of Hope (<https://allianceofhope.org/find-support/for-new-survivors/>).

To properly understand the Church's teaching on suicide, we need to recognize that our lives originate in the divine. God is the giver of life. Each of us is wonderfully made in His image and likeness (Genesis 1:27). All human beings, regardless of what ailments they suffer, are made in the image and likeness of God. It is to God, not us, that we owe our lives. As the *Catechism of the Catholic Church* teaches, “Everyone is responsible for his life before God who has given it to him. We are stewards, not owners, of the life God has entrusted to us. It is not ours to dispose of” (2280). However, the Church also recognizes that “grave psychological disturbances, anguish, or grave fear of hardship, suffering, or torture can diminish the responsibility of the one committing suicide” (2282). **Mental illness often impairs a person's thinking and ability to reason.** Nonetheless, we must bear in mind that our faith does not promise a life free of suffering. We believe that Christ's suffering and death on the cross and his resurrection give meaning to our suffering. Our hope lies in the Lord, in whom, through the life of the Church, we receive the spiritual strength to endure.

It is important to also address the stigma associated with mental illness that has been with us for millennia. We need to remember that Christ is present in those who are sick. Pope Saint John Paul II confirmed this when he said, “Christ took all human suffering on himself, even mental illness. Yes, even this affliction, which perhaps seems the most absurd and incomprehensible, configures the sick person to Christ and gives him a share in his redeeming passion.”³ In this same document, Saint John Paul II reminds us that it is everyone's

³ <https://www.ewtn.com/catholicism/library/mentally-ill-are-also-made-in-gods-image-8863>

duty to respond with active charity to those who suffer from mental illness, particularly because the kingdom of God belongs to them (Mt 5:3). **Mental illness is not a moral failure, character defect, weakness of will, nor insufficient faith. It is an illness like any other physical ailment resulting from the consequences of fallen humanity. Those suffering from psychological wounds or psychiatric disorders should not be stigmatized or judged.** Links for some helpful mental health resources in English and Ukrainian can be found at this website: <https://helpandhope4ukraine.org/>

There is an intimate relationship between mind, body, and soul. Research in recent years has significantly increased our knowledge about the brain. Clinicians have a better understanding of how trauma and suffering adversely influence the body and brain. Effective medical treatments and psychological interventions exist to help restore function. However, somatic treatments alone do not heal the person. They are tools that can stabilize physiology and help one learn to evaluate situations from a compassionate and objective perspective. Even though mental illness has biological and medical underpinnings, we have to acknowledge that mental illness also impacts our spiritual life. All suffering can precipitate questions about the meaning of life. Mental health, and healing the whole person, require both a health care and pastoral response. Just as Jesus reached down to Simon Peter and pulled him up from the depths of the sea, **Christ reaches down into the depths of our pain and pulls us up from the depths of our cry: “From the depths I call to you, Yahweh: Lord, hear my cry” (Psalm 130:1).**

As we continue to pray for the defenders of the innocent, for an end of the aggression against Ukraine, and the ultimate victory of God’s truth and just peace for the martyred people and country, **may we also learn to be the conduits that direct God’s healing touch to our suffering brothers and sisters so that their despair may be transformed into hope as the Psalmist exhorts us: “My whole being hopes in the Lord, more than the watchman waits for daybreak” (Psalm 130:6).**

Dear Brothers and Sisters, our people have been through humanly created hell before. We have endured untold torment and brutal injustices. Our Church and people have been victims of repeated genocidal waves. We were to be extinguished. And yet we live. The mystery of evil can be devastating. But it can be overcome. Our Lord entered into it fully, completely, personally, and victoriously. Christ opens to us the gates of heaven after death. After His demise the Lord lives and gives life. Today, in a special way we are called to live our resurrectional faith as we apply all the best practices of medicine and psychology. With God’s help we will use these instruments and our new awareness to help each other. That is our hope and that is our common vocation. Let us walk in this pilgrimage together!

The light shines in the darkness, and the darkness has not overcome it.

+Borys Gudziak
Archbishop of Philadelphia
Metropolitan of Ukrainian Catholics in the United States

+Paul Chomnycky, OSBM
Eparch of Stamford

+Venedict Aleksiychuk
Eparch of St. Nicholas in Chicago

+ Bohdan J. Danylo
Eparch of St. Josaphat in Parma

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:

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 (*IPjetrivka*) 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)).

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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 February 20, 2023.

Holy Trinity Church Financials for the Week Ending June 11, 2023

Candle/Offering: \$48.00	Dues: \$22.00	St. Anne Reimb: \$1,825.00	Attendance: 48
Weekly Offering: \$451.00	Blue Vigil Light: \$15.00	Deposit: \$2,361.00	June 50/50: \$20.00

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.

Ukrainian Catholic Eparchy of St. Josaphat in Parma

"YOU ARE THE LIGHT OF THE WORLD."

Matthew 5:14 (NRSVCE)

2023

EPARCHIAL YOUTH DAYS

You Are Not Here by Accident:

"YOU ARE THE LIGHT OF THE WORLD"

Friday, June 23 (5 pm) to Saturday, June 24 (8 pm)

Registration Fee: \$30/person (Sat. stay only)
\$50/person (Fri. & Sat. stay)

RSVP by Monday, June 19th

Cheeseman Farm
Breakneck Campground
1757 Cheeseman Road
Portersville, PA 16051
724-368-3405

Contact: Joseph Levy 724-910-1619
jlevy8777@gmail.com



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.*

Dignity of Life Threatened in Ohio

A Catholic perspective on the proposed constitutional amendment to expand and enshrine abortion in our state.

WHAT IS HAPPENING?

A proposed amendment to Ohio's Constitution claims to recognize reproductive freedoms, but it furthers a culture of death and removes current safeguards for women. As Catholics, we find the proposed amendment dangerous, unjust, and contrary to our belief in the sacredness of all life.

WHAT CAN I DO NOW?

Groups are currently collecting citizen signatures to add the amendment to the November 2023 ballot. More informational resources are coming, but in the meantime:

- Decline to sign any petition to put this amendment on the November ballot
- Pray, Learn, and Volunteer by visiting the "Protect Them Both" resource center at www.ohiocathconf.org/protect



OUR CONCERNS

1 PUTS WOMEN AT RISK

2 ENDANGERS PREBORN CHILDREN

3 ENABLES THOSE WHO PRESSURE WOMEN

See Back for Details >

Prayer for Ohio

Ever-living God, you give life and desire a future for all your children. Take hold of our nation, state, and community and awaken in every heart awe for the gift of life. Send your Spirit to strengthen us with wisdom and fortitude as we defend mothers and children in Ohio from laws that disregard their health and safety.

Mary and Joseph trusted in you and welcomed Jesus into our broken world. Father, we ask their intercession to protect the preborn and their mothers, and to guide all parents in raising their children. May they help us build a civilization of love by upholding the sacredness of life, preserving parental rights, and accompanying pregnant women in need. We ask this through Christ, our Lord. Amen.

Our Lady, Mother of the Family, pray for us!

St. Joseph, Protector of the Unborn, pray for us!



The official voice of the Catholic Church in Ohio on public policy, advocating for the dignity of life at all stages, immigrants, Ohioans in need, and Catholic education.

www.ohiocathconf.org

Source: Catholic Conference of Ohio (www.ohiocathconf.org/protect)

United for Ukraine - Welcome Circles

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

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:

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

Oriente Lumen Foundation Presents "Teachings of Kallistos of Diokleia"

When: June 19-21, 2023

Panel Members Include: *Metropolitan Job of Pisidia, Bishop John Michael Botean, Father Mark Morozowich, Father Thomas Colyandro, Msgr. Paul McPartlan, Father Thomas Loya, and Archdeacon John Chryssavgis*

The Oriente Lumen XXVII Conference will be held as a "virtual" conference on June 19-21, 2023 on the theme of "Teachings of Kallistos of Diokleia." The conference will be a tribute to Metropolitan Kallistos of Diokleia who passed away in August 2022 and was a co-founder and co-patron of the Oriente Lumen Conferences. The conference will include video lectures in his own words on Patristics, Liturgy, Theology, Spirituality and Ecu-menism. The panelists will then discuss the lectures and have a Q&A with the participants.

To register, go to the following website:
<https://olfoundation.net/conferences/ol-xxvii>

NOTE ON SUNDAYS AND HOLY DAYS OF OBLIGATION

Under ordinary circumstances, the faithful in St. Josaphat Eparchy (baptized adults and children) have the obligation to attend a Catholic Church service on the following days, participating in a Divine Liturgy or Vespers the night before or a Roman Mass if need be (including vigil services in all three instances) unless absent due to a legitimate reason (if a person, for example, sings in the choir of a non-Catholic church on Sunday and/or holy day of obligation, this is not considered a legitimate reason not to attend a Catholic Church service on that day, hence, the person still has to fulfill his or her Sunday/holy day obligation on that day):

- all Sundays of the entire year;
- Theophany of Our Lord (January 6th);
- Annunciation of the Most Holy Theotokos (March 25th);
- Ascension of Our Lord (40th day (Thursday) after Easter);
- Holy Apostles Peter & Paul (June 29th);
- Dormition of the Most Holy Theotokos (August 15th);
- Nativity of Our Lord (December 25th).

Please also keep in mind that if a person does not attend church on these days, he or she commits a mortal sin (with the exception of children who did not reach the age of reason yet and hence cannot commit a sin), provided of course all three conditions for a mortal sin are present: grave matter (Ten Commandments), which it is, full knowledge, and deliberate consent, and, hence, is forbidden to receive Holy Communion until the person goes to confession, which is applicable to any mortal sin. On all other feast days, the faithful are encouraged to attend church service(s).

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!

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.

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



Edited for space.

WE
ARE
THINKING
OF
you

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

Holy Trinity Church

Jun 19: Patricia Gergel Jun 19: Marie Schuller
Jun 19: Diane Yourstowsky
Jun 20: Protodeacon Donald and Jeanne Billy (64)
Jun 20: Steve and Arelda Bury (59)
Jun 23: Debbie Patoray

St. Anne Church

Jun 21: Steven Zukowski
Jun 24: Brian and Fran Chadwick (45)
Jun 24: Leda Kasnevich Jun 25: Nancy Pirko

Na Mnohaya ee Blahaya Leeta!

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, 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 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 migrants, 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.

Originally composed by Fr. Lubomir Zhybak in 2020 and revised on June 1, 2023.

Image: icon of the Most Holy Trinity, written by Mr. Dennis Bell in 2010, at Holy Trinity Ukrainian Catholic Church in Youngstown, OH (2014) [photo of the icon taken and edited by Luba Horsky].