



# 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 17, 2023

**Sunday of the Forefathers**

**Tone: 4**

**Epistle: Colossians 3:4-11**

**Gospel: Luke 14:16-24**

### Liturgical Greetings

#### **Greeting:**

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

#### **Response:**

"Glory Forever!"  
"Slava Na Veeky!"



### **Next Sunday:**

December 24, 2023  
**Sunday Before Christmas -  
Of the Holy Ancestors**

#### **Tone: 5**

**Epistle: Hebrews 11:9-10,  
17-23, 32-40**  
**Gospel: Matthew 1:1-25**

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

**Sunday of the Forefathers (December 17th)**

Day:	Date:	Place:	Time:	Intention:	Offered/Requested By:	Cantor(s)/Reader(s):
<b>Sunday of the Forefathers</b>						
Sun	Dec 17	SA	8:30a	Divine Liturgy of St. John Chrysostom in private intention(s)*		K. Scenna
		HT	10:30a	Praying of the Holy Rosary		S. Kaszowski
			11:00a	Divine Liturgy of St. John Chrysostom for the Parishioners of Both Churches		M. Kopczyk
Mon	Dec 18	<b>No Service</b>				
Tue	Dec 19	SA	8:30a	†William Pierko	Jerry and Christin Rockhold & Family	J. Bodak
Wed	Dec 20	SA	8:30a	†John Soroka	Rick and Linda Rogers	M. Woloszyn
Thu	Dec 21	HT	8:30a	†Ann Karnofel (9 Days)		M. Woloszyn
Fri	Dec 22	HT	8:30a	†Mary Ann Marciano		J. Bodak/J. Billy
Sat	Dec 23	<b>No Service</b>				

<b>Sunday Before Christmas - Of the Holy Ancestors</b>						
Sun	Dec 24	SA	8:30a	Divine Liturgy of St. John Chrysostom in private intention(s)*		P. Nachim
		HT	10:30a	Praying of the Holy Rosary		J. Bodak
			11:00a	Divine Liturgy of St. John Chrysostom for the Parishioners of Both Churches		M. Marcyszyn
		HT	8:30p	Christmas Compline		Choir
			9:00p	Christmas Divine Liturgy followed by "myrovannia" (anointing with holy oil)		

\*Fr. Lubomir Zhybak's private intention(s)

### *Prayers Requested Holy Trinity Church*

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

**†Ann Karnofel**

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

**"Vichnaya Pamyat"**

### **Prayer Requests**

**Holy Trinity Church:** Ann Blazina, Andrea Curran, John Fecych, Ann Karnofel, Dan Malarcik, Yvonne Mudryk, James Pirko, Marie Schuller, Greg Woak, 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 Eatinger, Mark F., Dawn Howard, Yaroslava, Myroslava, Halyna, Petro, Nadiya, Mylan, Yaremiya, Zoryana, Mariya, Connor, Claire, Mark, Christine, Dave Kishton, Fr. Andrzej, Judy Lepore, Jimi Stevens, Carol Martyn Dow, Tonja Delaine, Joann Panko, Kateryna Bolshahova, William J. Smith, Jim, Ivan M., Nadiya M., Anna F., Alexei Y., Nadiya Y., Volodymyr Y., Joe Beeson, Oleh and Oksana, Olha, Ivan, and Vasyl.

### **Christmas Decoration Schedule**

St. Anne Church - **TODAY** after the 8:30am Liturgy

### **Christmas Choir Practice**

**Marie Woloszyn** has announced plans to hold Christmas Choir practices on Wednesday, December 20th and Thursday, December 21st at 1:00pm at Holy Trinity Church.

### **St. Anne Christmas Flowers**

Christmas flowers are being delivered to St. Anne Church on Monday, December 18, 2023, at 12:30pm. Any parishioner wishing to help receive and display the flowers are welcome to stop and assist. *Thank you.*

### **The Ukrainian Bandurist Chorus of North America Presents: Christmas Away From Home**

**TODAY**, December 17, 2023, the Ukrainian Bandurist Chorus of North America will present, "**Christmas Away From Home**", a 90-minute Christmas program featuring musicians from across North America led by Artistic Director and Conductor, Oleh Mahlay.

Performance time is 2:00pm and located at St. Josaphat Ukrainian Catholic Cathedral, 5710 State Rd, Parma, Ohio 44134. Admission is by donation.

For more information and to RSVP tickets, please log on to [www.bandura.org/events](http://www.bandura.org/events).

My dear Friends,

### Glory to Jesus Christ!

Blessed Sunday of the Forefathers 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)

**Furthermore, please be advised that participation at either of the 8:30 am or 11:00 am Liturgies next Sunday, Dec. 24<sup>th</sup> at both St. Anne and Holy Trinity Churches respectively DOES NOT fulfill the Christmas liturgical obligation as participation at those Liturgies only fulfills that particular Sunday obligation. The Christmas obligation could be fulfilled by participating in a Christmas Divine Liturgy on Sunday night, Dec. 24<sup>th</sup> or Monday morning, Dec. 25<sup>th</sup>.**

**Consequently**, it behooves me **to remind everyone** that 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;	Holy Apostles Peter & Paul (June 29 <sup>th</sup> );
Theophany of Our Lord (January 6 <sup>th</sup> );	Dormition of the Most Holy Theotokos (August 15 <sup>th</sup> );
Annunciation of the Most Holy Theotokos (March 25 <sup>th</sup> );	Nativity of Our Lord (December 25 <sup>th</sup> ).
Ascension of Our Lord (40 <sup>th</sup> day (Thursday) after Easter);	

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).

**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 Russia's war against 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!

**Let us likewise pray and act for peace in the Middle East, particularly in the Holy Land, keeping also in our prayers those who were killed and died during the past and current wars and conflicts there.**

- If any of you, who are homebound, would like to partake in the **Holy Sacraments**, kindly call the parish office number (330-744-5820) or me (330-888-8881) to make arrangements.
- I would like to encourage you to pray (*daily if you can*) the prayers from the **Prayer Corner**. (con't)

- Please keep in your prayers the soul of Holy Trinity Church's parishioner, **Ann Karnofel**, who died this past Wednesday, December 13<sup>th</sup> in Youngstown at the age of 100 (she almost made it to 101 (Dec. 20<sup>th</sup>)) and was buried yesterday, December 16<sup>th</sup>. Ann was indeed a faithful Ukrainian Catholic. Please also pray for all the loved ones she left behind, especially her daughters, Delores Karnofel and Donna Beck. Thank you! Eternal memory! Вічна пам'ять!
- If you have not done it yet, please contribute to **Andrew's Pence Collection** as our bishop would like these to be sent to the Chancery in Parma by the end of December (apologies if you heard from me otherwise), and thank you to all who already contributed to it! Your benevolence is appreciated.
- Since some Catholics like to keep the cremated ashes of their loved ones at home, please read the **explanation from the Vatican's Dicastery for the Doctrine of the Faith regarding "the Preservation of the Ashes of the Deceased Following Cremation"** as a response to Archbishop of Bologna, His Eminence Cardinal Matteo Maria Zuppi's two questions that he recently posed to the aforementioned dicastery ([https://www.vatican.va/roman\\_curia/congregations/cfaith/documents/rc\\_dof\\_doc\\_20231209\\_risposta-card-zuppi-ceneri\\_en.html](https://www.vatican.va/roman_curia/congregations/cfaith/documents/rc_dof_doc_20231209_risposta-card-zuppi-ceneri_en.html)).
- 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](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 of Russia against Ukraine as well as the wars and conflicts in the Middle East, especially the war in the Holy Land! 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, a blessed week, and a spiritually fruitful Nativity Fast! May our Triune Lord: The Father, The Son, and The Holy Spirit always bless America, Ukraine, Holy Land, and the rest of the world through the intercession of the Most Holy Theotokos and all the Holy Angels and Saints!

Слава Ісусу Христу!

Слава Україні!

With prayers in the Triune Lord and the Theotokos,

*Fr. Lubomir*

# CHRISTMAS SCHEDULE 2023

Sunday, December 24 (Christmas Eve):

Holy Trinity Church:

8:30 pm – Christmas Compline.

9:00 pm – Christmas Divine Liturgy followed by "myrovannia" (anointing with holy oil).

Monday, December 25 (Christmas Day):

St. Anne Church:

8:00 am – Christmas Compline.

8:30 am – Christmas Divine Liturgy followed by "myrovannia" (anointing with holy oil).

## All Saints Camp and Kobzarska Sich Vyshyvana Malanka 2024

This year's Vyshyvana Malanka will take place on January 13, 2024, at St. Vladimir Ukrainian Orthodox Cathedral Hall, located at 5913 State Rd, Cleveland, OH 44134.

To purchase your tickets, use the following web address: <https://tinyurl.com/Malanka24>. Thank you.



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Fr. David Stavarz



Jen Ricard

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*The Society of St. John Chrysostom*  
**Christmas Party**



Bring a Guest!

Thursday 🎁 Dec 28th 🎁 6:30 PM  
Antioch Hall at St. Maron's Maronite Church  
1555 South Meridian Rd, Youngstown, OH

Members are asked to bring a potluck dish/dessert/  
beverage and to RSVP by phone or online by Dec 23rd  
RSVP By Telephone: 330.261.7394

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### The Third Annual Men's Retreat - From Fallen Passions to Apatheia: Pursuing the Virtuous Life

The Third Annual Men's Retreat is taking place from March 15-17, 2024, at Our Lady of the Pines Retreat Center in Fremont, Ohio.

The Retreat Master for this year's event is Father Thomas J. Loya, STB, MA. For more information, contact Karl Busam at 419-626-6811 or by email at:

[karl.busam.77@gmail.com](mailto:karl.busam.77@gmail.com).

**МОЛІТЬСЯ ЗА УКРАЇНУ!**

**PRAY FOR UKRAINE!**

## *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  
Dan Malarcik 71 Melbourne Ave., Yo., 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., Yo., Ohio 44511

### St. Anne Church

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

### **Holy Trinity Church Financials for the Week Ending December 10, 2023**

Candle/Offering: \$2.00	Christmas Plant: \$70.00	Nativity of Our Lord: \$150.00	<b>Deposit: \$1,124.87</b>
Weekly Offering: \$535.50	St. Nicholas: \$5.00	AT&T Reimb: \$305.37	Attendance: 38
Dues: \$12.00	Seminary: \$10.00	Repairs/Maint: \$10.00	Dec 50/50: \$25.00
Diocesan: \$5.00	Conception/St. Anne: \$10.00	50/50: \$10.00	

### **St. Anne Church Financials for the Week Ending December 10, 2023**

Loose Offering: \$1.00	Pyrohy (gross sales): \$1,840.00	Christmas Flowers: \$185.00	Retired Priests: \$20.00
Weekly Offerings: \$565.00	Ukr. Donations (Fri. Pyrohy): \$106.00	Conception of St. Anne: \$25.00	Attendance: 35
Energy Needs: \$50.00	Membership Dues: \$60.00	Nativity of Our Lord: \$25.00	

### **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.

### **The 11th Annual Women's Retreat—The Beatitudes: The Way of Life**

The 11th Annual Women's Retreat will take place from February 16-18, 2024, at Our Lady of the Pines Retreat Center in Fremont, Ohio. The Retreat Master for this year's event is Father Lukas Mitro. For more information, contact Susan A. Gallagher at 419-626-0375 or by email at: [womenretreat2024@yahoo.com](mailto:womenretreat2024@yahoo.com).

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

Generally, Catholics (and some non-Catholics under certain conditions) receive Holy Communion worthily if they do not have even one mortal sin on his/her soul (one sins mortally when all of the following three conditions are present: grave matter (10 Commandments), full knowledge, and deliberate consent), and, usually, these are people who go to confession more or less frequently; one is permitted to receive Holy Communion with the venial sins on his/her soul. Otherwise, if one receives Holy Communion unworthily, namely with mortal sin(s) on his/her soul and is aware of it, committing it with deliberate consent, one commits another mortal sin. Although, certainly, it is possible to live one's life without committing even one mortal sin for a long time and, hence, have no need for confession for a long time, such people could be considered exceptions. Also, in accordance with the Church Commandments (also known as the Church Precepts), a minimal requirement is for a person to go to confession at least once a year as well as to receive Holy Communion at least during the Easter season: to go to confession provided one committed at least one mortal sin and to receive Holy Communion provided one did not commit even one mortal sin.

*Revised on April 4, 2023.*

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

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

- Great Lent, extending from the Monday after Cheesefare Sunday to the Saturday of Lazarus. And Great and Holy Week, extending from Great Monday to Great and Holy Saturday inclusively.
- The preparation for the Birth of Jesus Christ in the Flesh (*Pylypivka*) begins on the day..." after "... the feast of St. Philip (November 15), and lasts until the Eve of the Nativity of Christ (December 24) inclusively.
- The Apostles' Fast (*[P]jetrivka*) 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).

Compiled by Fr. Lubomir Zhybak on March 3, 2022 and revised on July 21, 2023.

# Prayer Corner

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

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

- for the end of 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].