



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, February 11, 2024

Cheesefare Sunday

Tone: 4

Epistle: Romans 13:11-14:4

Gospel: Matthew 6:14-21

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:

February 18, 2024
1st Sunday of the Great Fast -
Sunday of Orthodoxy

Tones: 5 & Festive

Epistle: Hebrews 11:24-26.32-12:2
Gospel: John 1:43-51

Cheesefare Sunday (February 11th)

Day:	Date:	Place:	Time:	Intention:	Offered/Requested By:	Cantor(s)/Reader(s):
Cheesefare Sunday						
Sun	Feb 11	SA	8:30a	Divine Liturgy of St. John Chrysostom in private intention(s)* followed by Rite of Forgiveness		P. Nachim
			10:30a	Praying of the Holy Rosary		J. Bodak
		HT	11:00a	Divine Liturgy of St. John Chrysostom for the Parishioners of Both Churches followed by Rite of Forgiveness		K. Kreuzwieser
Mon	Feb 12	No Service - Beginning of the Great Fast				
Tue	Feb 13	SA	8:30am	Typica for the Deceased (Sorokousty)		J. Bodak
Wed	Feb 14	SA	5:00pm	Liturgy of the Presanctified Gifts for God's Peace in Ukraine		J. Bodak/J. Billy
Thu	Feb 15	HT	8:30am	Typica for the Deceased (Sorokousty)		M. Woloszyn
Fri	Feb 16	HT	5:00pm	Liturgy of the Presanctified Gifts for God's Peace in Ukraine		Choir
Sat	Feb 17	No Service				
1st Sunday of the Great Fast - Sunday of Orthodoxy						
Sun	Feb 18	SA	8:30a	Divine Liturgy of St. Basil the Great in private intention(s)*		K. Scenna
			10:30a	Praying of the Holy Rosary		J. Bodak
		HT	11:00a	Divine Liturgy of St. Basil the Great for the Parishioners of Both Churches		J. Bodak
*Fr. Lubomir Zhybak's private intention(s)						

Prayer Requests

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

St. Anne Church: Joseph Belasco, Mary Ann 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 Vasyly.

PAC Meetings

PAC meetings for both parishes are scheduled for **February 18th** following each parish's Divine Liturgy.

Holy Trinity Baked Pyrohy Returns!

It has been confirmed that baked pyrohy will return to Holy Trinity Church for one day only on **February 17, 2024**. Following the morning bake, orders may be picked up between **12:00pm and 3:00pm** at the Holy Trinity Social Hall.

Cost is \$8 per dozen. Limit of 4 dozen per order!

Contact **Marlene Antonchak** at **330-539-4730** to reserve your order.

Holy Trinity 50/50 Club January Winner:

Lucille Kish

The January total was \$60.00.

The church and Lucille each receive \$30.00.

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

Holy Trinity Church

Feb 18: Irene Dreboty

St. Anne Church

Feb 15: Margaret Rodomsky Feb 16: Roger Elias

Feb 17: Carol Kalosky Feb 17: Dale Polchies

Na Mnohaya ee Blahaya Leeta!

МОЛІТЬСЯ ЗА УКРАЇНУ!

PRAY FOR UKRAINE!

My dear Friends,

Glory to Jesus Christ!

Blessed Cheesefare Sunday to all of you and your loved ones! I trust that my message found everyone well and sound and that you have been enjoying the winter.

Tomorrow, we begin the Great Fast (also known as the Great Lent or simply Lent) – the fast that will last this year till March 22nd inclusive followed by the Lazarus Saturday (March 23rd), Palm Sunday (March 24th), and the Holy Week (March 25th through 30th). As we commence this holy time of fasting, prayer, and almsgiving, I wholeheartedly wish everyone to have a very blessed and spiritually fruitful Lent. I hope that this fast will not be for you a pure technicality, but a time to prepare yourselves worthily, particularly through the Holy Mystery of Confession, for the celebration of the Resurrection of our Lord and Savior Jesus Christ.

As there is a tradition in our Church to ask for forgiveness before the beginning of Lent that is publicly expressed in churches through a Rite of Forgiveness today, Cheesefare Sunday, **I would like to ask for your forgiveness if I ever sinned against you in any way through my thoughts, intentions, words, actions, and/or omissions.**

The **National Marriage Week** is observed annually on February 7-14, and today, February 11th the **World Marriage Day is observed this year.** Hence, it behooves me, on behalf of the parishioners from both of our parishes, to congratulate wholeheartedly all the couples at both of our communities, especially *Holy Trinity Parish's Steve & Arelda Bury on their 60th marriage anniversary* and *Alex & Marlene Antonchak on their 50th marriage anniversary* as well as *St. Anne Parish's Nicholas & Kimberly Bodak on their 10th marriage anniversary* and to wish them our Lord's choicest blessings for many and happy years in fulfilling this beautiful vocation. You could find some marriage resources at the following links of our eparchy's website: https://stjosaphateparchy.com/celebrate-the-national-day-of-marriage-on-february-11-2024/?mc_cid=10a257b309&mc_eid=d5728b89c0.

On February 11th the Catholic Church is observing the **World Day of the Sick.** Hence, let us pray in a special way for all the sick people in the world, especially in our two parishes. May our Triune God: The Father, The Son, and The Holy Spirit bless and heal all of them through the intercession of the Most Holy Theotokos and all the Holy Angels and Saints!

While the world will celebrate the Valentine's Day on February 14th that sadly and virtually has nothing to do with **Saint Valentine** and his virtuous life, the Roman Catholic Church used to have Saint Valentine, who was a martyr, in its General Roman Calendar, but, according to Catholic Online: "In 1969, the Roman Catholic Church removed St. Valentine from the General Roman Calendar, because so little is known about him. However, the church still recognizes him as a saint, listing him in the February 14 spot of Roman Martyrol[o]gy" (https://www.catholic.org/saints/saint.php?saint_id=159). I originally thought that we, in the Eastern Churches, also commemorated the same Saint Valentine a few days later, namely on February 16, together with some other saints (please see the church calendar for February 16); however, having done some research about it, **it does not look like the Holy Martyr Valentine in our Eastern tradition is the same Holy Martyr Valentine that the Roman Catholic Church used to have in the General Roman Calendar.** Hence, my sincere apologies for this inadvertent error in the past years' bulletins. Nevertheless, may the Holy Martyrs Valentine and Valentine as well as all the Church's Saints intercede before our Lord's Throne for all of us here on earth as well as for all the souls in the Purgatory!

Saturday, **February 24th** is two years since the beginning of the full-scale war that Russia waged against Ukraine – the war that actually began in 2014. **On this day, we'll have a Divine Liturgy for God's Peace in Ukraine at 8:30 am at Holy Trinity Church.** Please join us for this special prayer for Ukraine and spread the word among others. Thank you!

In connection with this sad, above-stated anniversary of the current war in Ukraine, there will be a **Moleben for Peace in Ukraine on Saturday, February 24th at 6 pm at the Roman Catholic Diocese of Cleveland's Cathedral of St. John the Evangelist in Cleveland, OH (1007 Superior Ave. E.).** Please join in also for this special prayer service for Ukraine and spread the word among others. Thank you!

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 Ukraine's son, 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!

(con't)

If you are a Ukrainian refugee or know of someone/some people who need(s) legal services in regard to your/his/her/their stay in America, please contact a Cleveland office of a non-profit organization called **US Together**; its services are currently *free* until July of this year:

US Together, 2800 Euclid Ave., Suite 200, Cleveland, OH 44115

Phone: 216-456-9630 Fax: 216-417-5587

Website: <https://www.ustogether.us/>

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**.
- If you would like to include your deceased loved ones in the liturgical services this year on **All Souls Saturday on March 2nd** as well as in the services and prayers for the deceased during Lent (**Sorokousty**), kindly provide their names to me (*please write/print clearly*). Please be advised that since the second All Souls Saturday coincides this year with the Poly-eleos feast of the First and Second Finding of the Precious Head of St. John the Baptist on February 24th and the fourth All Souls Saturday coincides with the Polyeleos feast of the Holy Forty Martyrs of Sebaste on March 9th, these feast days replace the two All Souls Saturdays respectively this year; however, I will still have on each of those two Saturdays a Panakhyda for the Deceased. Please likewise be advised that most likely there won't be any services on All Souls Saturday on May 18th of this year due to my schedule; apologies for any inconvenience.
- I would like to **thank Paul Nachim** from St. Anne Church for his help in preparing both Holy Trinity and St. Anne Churches for Lent this year. Thank you, Paul!
- Our Eparch, Bishop Bohdan J. Danylo, informed us on 02-08-24 via e-mail that on February 7, 2024, he "suspended from the priestly duties **Reverend Gregory Madeya**. During this time of suspension, Father Madeya is not permitted to celebrate the Holy Mysteries in public or private and not to present himself as a cleric." No further details have been provided regarding the reason(s) for suspension. Please keep Fr. Gregory Madeya and his former parishioners in Western Pennsylvania in your prayers during this difficult time.
- 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 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 March 31st; drawing date: May 18, 2024.** Please consider buying them as both of our parishes can benefit from it. Thank you! For more information online, please go to: <https://kofcohoio.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 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! **(con't)**

- 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 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, especially St. Anne!

Have a blessed Sunday, blessed week, and a spiritually fruitful Lent! 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. Subunit

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.

Holy Trinity Church Financials for the Week Ending February 4, 2024

Candle/Offering: \$62.00	Initial Offering: \$20.00	Church/C/E/Euro: \$5.00	Deposit: \$985.00
Weekly Offering: \$575.00	Theophany of Our Lord: \$20.00	Ukr. Hu. Fund: \$80.00	Sunday Attendance: 35
Dues: \$105.00	Encounter of Our Lord: \$5.00	Repairs/Maint: \$10.00	February 50/50: \$5.00
Diocesan: \$20.00	Sorokousty: \$8.00	50/50: \$5.00	2/1 Pyrohy (Gr): \$2,753.00

Join the Knights of Columbus!

"Father Michael J. McGivney founded the Knights of Columbus to protect the families of the Catholic Church. He had a vision to establish our organization of local councils whose members sought to strengthen their faith, to serve the needs of others, and to protect their families through our insurance program. Want to be a part of that and become an insurance member? Go to kofcoho.org and click on Join Us. For more information contact": Michael Jordon, Membership Director of the KofC Council #3813: phone: 330-540-7317; e-mail: mtjordon@yahoo.com.

Source: Knights of Columbus Ohio State Council (<https://kofcoho.org/membership/>).

"I will get up and go to my father, and I will say to him,
"Father, I have sinned against heaven and before you."
Luke 15:18 (NRSVCE)

2024 Lock-in Retreat The Way Home

Saturday, March 2 (9:00 am) to
Sunday, March 3 (1:00 pm)

Children & Youth Age: 12-18

Pokrova Ukrainian Catholic Church
6812 Broadview Rd.
Parma, OH 44134
Registration Fee: \$30/person
Contact: Deacon Myron Spak
412-303-9086 / mjspak@verizon.net
RSVP by February 28th



PRAYER FOR MARRIED COUPLES

Almighty and eternal God, You blessed the union of husband and wife so that we might reflect the union of Christ with his Church: look with kindness on us. Renew our marriage covenant. Increase your love in us, and strengthen our bond of peace so that, [with our children], we may always rejoice in the gift of your blessing. For are a merciful and loving God and we give glory to You, Father Son and Holy Spirit, now and for ever and ever. Amen

Bless the Lord, all the marriage and grant them peaceful life, integrity, mutual love in the bond of peace, long life and unfading crown of glory.

May the Blessing of the Lord be upon You!
+Bohdan



OHIO'S GERRYMANDERING PROBLEM VIRTUAL FORUM

MONDAY, FEBRUARY 26, 2024
6:00 PM
VIA ZOOM LINK BELOW

Guest Speaker
Retired Chief Justice of the Ohio Supreme Court
The Honorable Maureen O'Connor

You must Register in advance for this meeting:

<https://us02web.zoom.us/join/register/tZcsde6przgsE9OpYjHczx-C2MXKq8q6PZAN>

After registering, you will receive a confirmation email containing information about joining the meeting.

Livestream on Jaladah Aslam Facebook pages

Sponsored by Community Mobilization Coalition
MLK Planning Committee
Sojourn to the Past
YWCA of Youngstown

Questions call 330-727-5758
Jaladah3895@gmail.com

Prayer Vigil

FOR PEACE IN UKRAINE

МОЛЕБЕНЬ ЗА МИР В УКРАЇНІ



SATURDAY, FEBRUARY 24, 6PM

THE CATHEDRAL OF ST. JOHN THE EVANGELIST
1007 SUPERIOR AVE E, CLEVELAND, OH 44114

OUR JOURNEY TO PASCHA! 2024

Created by Fr. Jonathan Bannon (ACROD)

Adapted by Fr Vitalii Stashkevych (BCC) for the Gregorian Calendar

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Cheesefare FEBRUARY 11TH FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1ST Sunday of Lent FEBRUARY 18TH	 SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2ND Sunday of Lent FEBRUARY 25TH	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3RD Sunday of Lent MARCH 3RD	 VENERATION OF THE HOLY CROSS HALF WAY TO PASCHA! Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4TH Sunday of Lent MARCH 10TH	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5TH Sunday of Lent MARCH 17TH	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
PALM SUNDAY MARCH 24TH GREAT WEEK BEGINS	 ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY MARCH 29TH	 GREAT AND HOLY FRIDAY JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! MARCH 31ST NO FASTING!	 BRIGHT WEEK HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

Source: Ukrainian Catholic Eparchy of St. Josaphat in Parma.

Holy Trinity Kolachi and Easter Bread Baking

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

Kolachi Date: March 9, 2024; Price: \$15/each

Easter Bread Date: March 16, 2024; Price: \$7 for either plain or 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!)

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]etrivka*) extends from the Monday following the Sunday of All Saints, and continues through to the day preceding the Feast of SS. Peter and Paul (June 28), inclusively.
- The Dormition Fast (*Spasivka*) begins on August [1] and lasts until the eve of the Dormition of the Blessed Virgin Mary (August 14), inclusively" (article 472, *Pastoral Guide of the Ukrainian Catholic Church in the United States of America* (Philadelphia, PA, 1999)).

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

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

The following are exempt from abstinence: (1) the poor who live on alms; (2) sick and frail persons; (3) convalescents who are returning to their strength; (4) pregnant women, and mothers who are nursing their children; (5) persons who perform hard labor; (6) children who have not completed their seventh [currently, fourteenth] year of age; (7) [p]ersons have completed their 59th year of age" with permission of their pastor or confessor" [the clause "with permission of their pastor or confessor" is no longer valid...] (article 474, *Pastoral Guide of the Ukrainian Catholic Church in the United States of America* (Philadelphia, PA, 1999)).

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

- Abstinence from meat on all Fridays of the year except those which occur in privileged weeks and on holydays of Our Lord and of the Mother of God.
- Abstinence from meat and all dairy products on the first day of the Great Fast (Lent) and on Good Friday.
- Abstinence from meat, in addition to eating only one full meal and a smaller snack, milk products being permitted in accordance with local custom: on Christmas Eve, Epiphany Eve, Exaltation of the Holy Cross (September 14) and Beheading of St. John the Baptist (August 29).
- During the Great Fast, the faithful may also maintain the tradition of abstaining from meat on Wednesdays" (ibid., article 475).

Compiled by Fr. Lubomir Zhybak on March 3, 2022 and revised on Dec. 22, 2023.

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

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 all wars and conflicts in the world, especially for the end of the current wars in Ukraine and the Middle East, for all who died during them, for the loved ones they left behind as well as for the enlightenment and conversion of the hearts of the aggressors, so that a sincere and truthful dialogue may lead to an authentic and lasting peace and reconciliation between people, we pray to You, O Lord, hear us and have mercy! Lord, have mercy!
- for the end of all abortions in the world, for all the aborted and miscarried babies, for the healing of those who committed or assisted with abortions, for the conversion of all who are planning to commit abortions as well as for all the unborn babies in the world and their parents, we pray to You, O Lord! Lord, have mercy!
- for the end of the child slavery, child abuse, domestic abuse, gender ideology, prostitution, and human trafficking in the world, for all the victims both living and deceased as well as for the conversion of all who perpetrate these grave and heinous sins, we pray to You, O Lord! Lord, have mercy!
- for the vocations to the sacred priesthood, diaconate, and religious life, we pray to You, O Lord! Lord, have mercy!
- for the conversion to the true faith of all people in the world, who did not embrace the light of the Triune God yet, we pray to You, O Lord! Lord, have mercy!
- for the conversion of all sinners in the world, we pray to You, O Lord! Lord, have mercy!
- for the consolation of all persecuted Christians in the world, especially the ones in Asia, Middle East, and Africa and for the conversion of hearts and minds of those, who persecute them, we pray to You, O Lord! Lord, have mercy!
- for the end of all wars, conflicts, and violence in the world, especially for the establishment of the authentic and lasting peace, we pray to You, O Lord! Lord, have mercy!
- for all the refugees, the migrants, the poor, the hungry, the orphans, the half-orphans, 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 Purgatory to Heaven, we pray to You, O Lord! Lord, have mercy!

Most Holy Trinity: Father, Son, and Holy Spirit, we humbly ask You to grant all of these petitions in accordance with Your most holy will through the intercession of the Most Holy Theotokos and all the 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 7, 2024.

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).