



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

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, March 10, 2024

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

Tones: 8 & Festive

Epistles: Hebrews 6:13-20; Ephesians 5:8-19

Gospels: Mark 9:17-31; Matthew 4:25-5:12

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:
March 17, 2024
5th Sunday of the Great Fast -
St. Mary of Egypt

Tones: 1 & Festive
Epistles: Hebrews 9:11-14;
Galatians 3:23-29
Gospels: Mark 10:32-45;
Luke 7:36-50

4th Sunday of the Great Fast - St. John Climacus (March 10th)

| Day: | Date: | Place: | Time: | Intention: | Offered/Requested By: | Cantor(s)/Reader(s): |
|---|--------|-------------------|--------|---|-----------------------|----------------------|
| 4th Sunday of the Great Fast - St. John Climacus | | | | | | |
| Sun | Mar 10 | SA | 8:30a | Divine Liturgy of St. Basil the Great in private intention(s)* | | P. Nachim |
| | | HT | 10:30a | Praying of the Holy Rosary | | J. Bodak |
| | | | 11:00a | Divine Liturgy of St. Basil the Great for the Parishioners of Both Churches | | K. Kreuzwieser |
| Mon | Mar 11 | No Service | | | | |
| Tue | Mar 12 | HT | 8:30a | Typica for the Deceased (Sorokousty) | | J. Bodak |
| Wed | Mar 13 | SA | 4:00p | Confessions with Fr. Vit Fiala, OFM | | |
| | | | 5:00p | Liturgy of the Presanctified Gifts for God's Peace in Ukraine | | J. Bodak/J. Billy |
| Thu | Mar 14 | HT | 8:30a | Typica for the Deceased (Sorokousty) | | M. Woloszyn |
| Fri | Mar 15 | HT | 4:00p | Confessions with Fr. David Misbrener | | |
| | | | 5:00p | Liturgy of the Presanctified Gifts for God's Peace in Ukraine | | Choir |
| Sat | Mar 16 | HT | 8:30a | Akathistos Saturday - Akathistos to the Most Holy Theotokos for God's Peace in Ukraine | | J. Bodak |
| 5th Sunday of the Great Fast - St. Mary of Egypt | | | | | | |
| Sun | Mar 17 | SA | 8:30a | Divine Liturgy of St. Basil the Great in private intention(s)* | | P. Nachim |
| | | HT | 10:30a | Praying of the Holy Rosary | | J. Bodak |
| | | | 11:00a | Divine Liturgy of St. Basil the Great for the Parishioners of 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, and *the health of all of our parishioners.*

St. Anne Church: Joseph Belasco, Mary Ann Belasco, Joyce Budinsky, Carole Elias, Roger Elias, Susan Kurtiak, Joseph Kury, Louis Mancini, Katie Moran, Margaret Rodomsky, 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.

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

Holy Trinity Church

Mar 12: Irene Orynycz Mar 13: Jack Fedak
 Mar 13: Martha Terlecky Mar 16: Lucille Kish
 Mar 16: Karen Kowal

St. Anne Church

Mar 12: Karen Scenna

На Мнoгoгaя ee Благoгaя Leeta!

FINAL WEEK

Holy Trinity Kolachi and Easter Bread Baking

Orders will be taken by:
Marlene Antonchak @ 330-539-4730
Easter Bread Date: March 16, 2024
 Price: \$7 for either plain or raisin

As always, some things to be aware of: Baking will be limited and once orders are full, no additional orders will be taken. Please do not give your order to anyone other than Marlene. We cannot guarantee availability if you do.

Volunteers Wanted (and Appreciated!)

МОЛІТЬСЯ ЗА УКРАЇНУ!

PRAY FOR UKRAINE!

My dear Friends,

Glory to Jesus Christ!

Blessed Fourth Sunday of Lent – the Sunday when we commemorate St. John Climacus – to all of you and your loved ones! I trust that my message found everyone well and sound and that you have been having a spiritually fruitful Lent.

Congratulations to our Holy Father, Pope Francis on the 11th anniversary of his election as the Bishop of Rome (March 13, 2013)! May our Triune Lord: The Father, The Son, and The Holy Spirit continue to bless Pope Francis for many blessed years of life! Ad multos annos! Многая літа!

As you know, during Lent as well as the first three days of the Holy Week, we ordinarily celebrate in our Ukrainian Catholic Church **the Divine Liturgy of the Presanctified Gifts**, which I encourage all of you to attend, since Lent and Holy Week are the only times that we celebrate this beautiful Liturgy in our Church. Since there is no consecration of the bread and wine during the Liturgy, ordinarily, the Body of Christ used during this Liturgy is consecrated during the Divine Liturgy of St. John Chrysostom or St. Basil the Great the Sunday before. Consequently, during the Holy Communion time at the Liturgy of the Presanctified Gifts, the faithful receive only the Body of Christ that is mixed in the chalice with the wine, which is not the Blood of Christ. Hence, you still receive the Most Holy Eucharist during this Liturgy, namely the Body of Christ, Which in the teaching of the Catholic Church contains inseparably the Body and Blood, Soul and Divinity of Our Lord and Savior Jesus Christ just like the Blood of Christ does, which means that our Lord is fully present in each of the species of the Most Holy Eucharist.

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 (*if anyone needs a copy of our eparchy's Humanitarian Aid Fund report, please let me know; you can also find it on our eparchy's website: <https://stjosaphateparchy.com/>*). May our Good Lord reward you abundantly for it in this life and in the life to come!

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 services and prayers for the deceased during Lent (**Sorokousty**), kindly provide their names to me (*please write/print clearly*). Please 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 Debbie Patoray** from Holy Trinity Church and **Carole Elias** from St. Anne Church for having taken care of the decorating of the tetrapod crosses for this year's Sunday of the Veneration of the Holy Cross and its subsequent period at each church respectively. Thank you!
- I also would like to **thank everyone who helped with the kolachi baking at Holy Trinity Church yesterday, March 9th**. Thank you all!
- Please support the **United States Conference of Catholic Bishops (USCCB) Collection for the Church in Central and Eastern Europe** from which also the people in Ukraine benefit, and thank you for your generosity.

(over)

- If you would like to participate in a **“Live Virtual Spiritual Retreat”** titled **“The View From the Cross”** on **Sunday, March 24th of this year between 4:00 pm and 6:00 pm (EST)** organized by the League of Ukrainian Catholics of America (LUC) and the Ukrainian Catholic Bishops of USA, please go online to: <https://leagueofukrainiancatholics.org/>.
- 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://kofcoho.org/programs/super-cash-bonanza/>.
- We are continuing collecting certain needed items at both parishes for a local branch of the **Society of St. Vincent de Paul**. You'll find a special box for the items at each church. Please be generous and thank you for your benevolence! **Thank you also to those who already donated the needed items!** If you would like to make a monetary donation, you may do so either online at <https://www.mahoningsvdp.com/product-category/donation-levels/> or by mailing your check to:

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

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

- Let 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 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, 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, the 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

St. Anne Church Financials for the Weeks Ending March 3, 2024

| | 2/4/24 | 2/11/24 | 2/18/24 | 2/25/24 | 3/3/24 |
|---------------------------------|------------|------------|------------|------------|------------|
| Attendance: | 27 | 35 | 35 | 33 | 35 |
| Loose Offering: | \$2.00 | | \$2.00 | \$22.00 | |
| Weekly Offerings: | \$610.00 | \$365.00 | \$767.00 | \$472.00 | \$590.00 |
| Weekly Candle Offering (Boxes): | | | | \$73.00 | |
| Renovation/Repair | | | \$5.00 | | |
| Energy Needs: | | | \$65.00 | | \$5.00 |
| Maintenance/Cleaning: | | | \$30.00 | | \$5.00 |
| Candle Offering (Envelopes): | | \$10.00 | \$5.00 | | \$5.00 |
| Pyrohy (Gross Sales): | \$2,029.00 | \$1,140.00 | \$1,582.00 | \$2,003.00 | \$1,725.00 |
| Ukraine Donation (Fri. Pyrohy): | \$25.00 | \$21.00 | \$65.00 | \$34.00 | \$65.00 |
| In Memory of Al Stevens: | | | | \$50.00 | \$200.00 |
| Initial Offering: | \$20.00 | | | | \$10.00 |
| Membership Dues: | \$30.00 | \$90.00 | | | \$60.00 |
| Easter Flowers: | | | | | \$145.00 |
| Easter Dinner: | | | | | \$5.00 |
| Palm Sunday: | | | | | \$5.00 |
| Holy Thursday: | | | | | \$5.00 |
| Good Friday: | | | | | \$5.00 |
| Easter Offering: | | | | | \$25.00 |
| Annunciation/Theotokos: | | | | | \$5.00 |
| Encounter/Simeon: | \$35.00 | | \$5.00 | | |
| Three Holy Hierarchs: | | | | | \$5.00 |
| Church/E./C. Europe: | | \$20.00 | \$30.00 | | \$10.00 |
| Church In Need: | | | \$5.00 | | \$10.00 |
| Aid to the Holy Land: | | | | | \$5.00 |
| Seminary Collection: | | | | | \$5.00 |

Holy Trinity Church Financials for the Weeks Ending March 3, 2024

| | |
|--------------------|-------------------|
| Candle/Offering: | \$108.00 |
| Weekly Offering: | \$895.50 |
| Dues: | \$117.00 |
| Diocesan: | \$15.00 |
| Church in C/E Eur: | \$5.00 |
| Easter Plant: | \$60.00 |
| Church in Need: | \$10.00 |
| Lit. Intention: | \$20.00 |
| Ukraine Donations: | \$95.00 |
| Repairs/Maint: | \$65.00 |
| 50/50: | \$5.00 |
| Deposit: | \$1,395.50 |
| Sunday Att: | 36 |
| March 20/20: | \$10.00 |
| 2/29 Pyrohy (Gr): | \$2,554.00 |

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.

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: |
|---|--|---|
| 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  | GREAT AND HOLY WEEK 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.

2024 Easter Banquet

Parishioners from both St. Anne and Holy Trinity churches are cordially invited to attend this year's Easter Banquet.

Date: Sunday, April 7, 2024

Time: 1:00 pm

Place: St. Anne Church Social Hall

All donations for this year's banquet are free will.

The banquet includes stuff cabbage, chicken, salad, and cake - all provided by Elmtree Catering. Kolachi and Easter bread will also be provided.

Reservations are required and the **deadline** for reservations are **Easter Sunday, March 31, 2024**.

Signup sheets are available at each church or you may call St. Anne Office at 330-792-8555 and leave a message.

Note: Due to this event, there will be one Divine Liturgy at St. Anne Church on Sunday, April 7, 2024.

Thank you!

"THE DOCTOR IS IN..."

DR. RAY GUARENDI

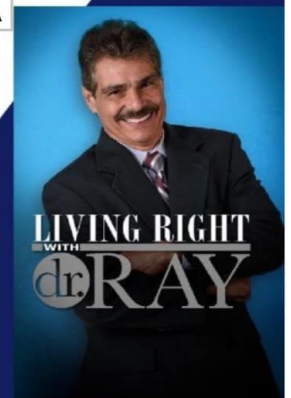
OUR LADY OF MT. CARMEL BASILICA

SUNDAY, MARCH 17TH

10:30 AM - 11:40 AM

Back to the Family

LIVING RIGHT WITH DR. RAY GUARENDI



Our Lady of Mt. Carmel Social Hall
 March 17th
 10:30am - 11:40am

RSVP Required

Contact Leanna at 330-743-3508 or email: olmcretigiousoffice@gmail.com

HOLY GHOST CHURCH

AKRON, OHIO,

is pleased to announce a day of

LITURGICAL MUSIC WORKSHOPS

for

clergy, cantors, choir directors, singers and faithful
of the Eparchy of St. Josaphat.

Saturday, March 16, 2024

**Holy Ghost Ukrainian Greco-Catholic Church,
1866 Brown St., Akron, OH.**

Schedule of Events:

Saturday, March 16, 2024 — Saturday of the Akathist Hymn.

- | | |
|-------------|--|
| 9:00 a.m. | Akathist to the Theotokos (Abridged) |
| 9:30-10:30 | Registration and light breakfast (coffee and donuts) |
| 10:30-12:30 | Workshop I: 8 Tones (Octoechos) |
| 12:30-1:30 | Lunch (Provided by Holy Ghost Parish) |
| 1:30-3:30 | Workshop II: Jerusalem Matins, Selected Hymns of Holy Friday and Paschal Matins |
| 3:30-3:45 | Break |
| 3:45-5:00 | Rehearsal for Vespers |
| 5:00-5:30 | Follow up and feedback |
| 6:00 p.m. | Great Vespers |

Sunday, March 17, 2024 — Sunday of the Great Fast:

- Commemoration of our Venerable Mother Mary of Egypt.
- | | |
|-----------|--|
| 7:00 a.m. | Matins |
| 8:40 a.m. | 3rd and 6th Hours |
| 9:00 a.m. | Divine Liturgy of St. Basil the Great. |

Facilitators for the workshops will be Readers Greg (Russ) Jindra of Holy Ghost Parish and Ilya Galadza of St. Elias Parish, Brampton, Ontario. Music and liturgical texts will be provided.

This "Mini SingCon" event is a wonderful opportunity for us to gather to pray, sing and enjoy true fellowship. For those planning to attend, a registration link will be posted on the parish Facebook page so we can keep track of the number of participants. Any participants from outside of the Cleveland/Akron area who are traveling in for the event and need overnight accommodation information, please text or call Greg Jindra (224) 402-3596.

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, the homeless, the missing, and the abducted throughout the world, especially the 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 and handicapped people in the world, for the repose of the souls of all who died from any disease or handicap 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 24, 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).