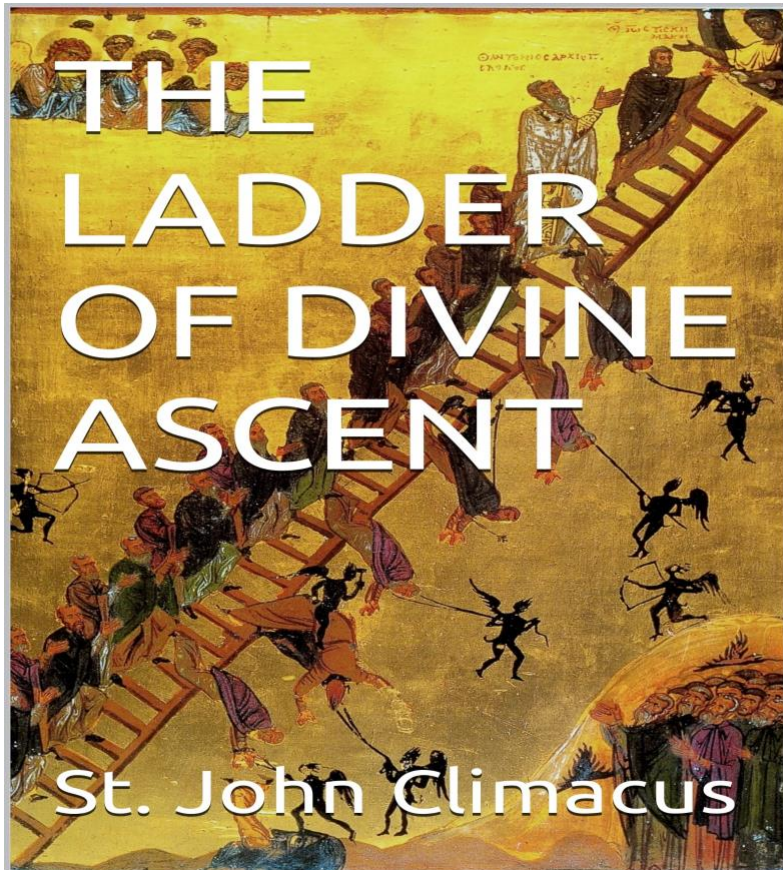


Assumption of the Virgin Mary Ukrainian Orthodox Church  
Weekly Bulletin Mar. 22 2026  
ECUMENICAL PATRIARCHATE OF CONSTANTINOPLE AND NEW ROME  
We are on the New Calendar



1301 Newport Avenue,  
Northampton, Pennsylvania  
18067

Rev. Fr. Oleg Kravchenko,  
Rector, Protodeacon Mikhail  
Sawarynski, Attached

Websites: [holyassumption.org](http://holyassumption.org)  
and

[ukrainianorthodoxchurchusa.org](http://ukrainianorthodoxchurchusa.org)  
Facebook: Assumption of the  
Virgin Mary Ukrainian Orthodox  
Church

YouTube: AVM UOC Church

Contacts: Fr. Oleg Kravchenko

– (484) 834-7261;

[olegkravchenko2212@gmail.com](mailto:olegkravchenko2212@gmail.com)

Protodeacon Mikhail – (H) (610)

262-3876; [pravoslavni@rcn.com](mailto:pravoslavni@rcn.com)

Office – (610) 262-2882;

[avmuoc@gmail.com](mailto:avmuoc@gmail.com)

Webmaster, John Hnatow –

[john.hnatow@gmail.com](mailto:john.hnatow@gmail.com)

**- Communion is only for Orthodox Christians.**

**- Preparation for Communion: going for Confession, praying, and fasting.**

**- Confessions: Vespers-first Saturday of the month, Sun. before Liturgy, or by appointment.**

**- Make a list of living and deceased and bring it to the Altar.** We'll pray for them during a Liturgy.

**- For pastoral visits** at home or hospital or special prayer requests ask Fr. Oleg.

**- A directory of parishioners' names and addresses** is available (vestibule) for those who would like to send cards or good wishes.

**- Follow us on Facebook Click [HERE](#).**

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Glory to Jesus Christ! Glory Forever!  
Молімось за мир в Україні!

Слава Ісусу Христу! Навіки Слава!  
Let us pray for peace in Ukraine!

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Sun. 22 Mar. **FOURTH SUNDAY of the GREAT FAST. VENERABLE JOHN of the "LADDER"**  
(Listvychnyk). **TONE 8. Hieromartyr BASIL, Presbyter of Ancyra (362) Martyr DROSIDA of**

**Antioch & the 5 Virgin Ven. ISAAC, founder of the Dalmatian Monastery in Constantinople**  
**Epistles: Hebrews 6:13-20 & Ephesians 5:8-19**

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

**Welcome all for the Coffee Hour after the Liturgy – Запрошуємо на каву після Літургії**  
**Sisterhood meeting.**

**04:00 PM PASSIA Service or Divine Suffering of Christ (Allentown)**

**05:00 PM Pan-Orthodox Vespers at Holy Ascension Orthodox Church, Frackville.**  
**(Transport provided. Let Fr. Oleg know if you would like to go).**

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**MENEION & SCRIPTURES (GREAT LENT).**

**Mon. 23 Mar.** Monk-martyr Nikon and 199 disciples, in Sicily (251).

**Is. 37:33–38:6 Gen. 13:12-18 Prov. 14:27–15:4**

**Tue. 24 Mar.** Ven. Zacharias the Recluse of Egypt (4th c.). St. Artemon, bishop of Seleucia

**Is. 40:18-31 Gen. 15:1-15 Prov. 15:7-19**

**05:00 PM Vespers Liturgy of the Annunciation.**

**06:30 PM Moleben for Peace in Ukraine (Allentown).**

**Wed. 25 Mar. THE ANNUNCIATION OF THE THEOTOKOS.**

**Heb. 2:11-18 Lk. 1:24-38**

**05:30 PM Liturgy of the Presanctified Gifts in Lansford, PA.**

**(Transport provided. Let Fr. Oleg know if you would like to go).**

**Thu. 26 Mar.** Synaxis of the Archangel Gabriel. St. Basil the Younger (944).

**Is. 42:5-16 Gen. 18:20-33 Prov. 16:17–17:17**

**04:00 PM Canon of St. Andrew of Crete**

**Fri. 27 Mar.** St. John the Clairvoyant of Lycopolis, anchorite of Egypt (394).

**Is. 45:11-17 Gen. 22:1-18 Prov. 17:17–18:5**

**05:30-06:00 PM 9th Hour and Confessions.**

**06:00 PM Liturgy of the Presanctified Gifts. Common Lenten soup. Welcome all.**

**Sat. 28 Mar.** Glorification of the Birth-Giver of God – Akafist Saturday.

**Heb. 9:24-28 Mk. 8:27-31**

**08:00 AM UOL Lenten Retreat. Flyer downstairs. For transportation ask Fr. Oleg.**

**Great Vespers is cancelled.**

**Sun. 29 Mar. 09:00 AM DIVINE LITURGY.**

**04:00 PM PASSIA Service or Divine Suffering of Christ (Our Church)**

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**- We were gifted a treasure of pysanky supplies and are offering the items at a Chinese auction.** All proceeds will go to aid for Ukraine. In addition to having the items available for participants at the pysanky workshop on Saturday March 14, we are offering parishioners and visitors a chance to purchase tickets for the drawing. **Parishioners may purchase tickets on the following dates: Sunday, March 22 from 10-11 a.m. during coffee hour. Winning names will be drawn at the end of coffee hour on March 22.** You do not need to be present for the drawing.

- Dear Brothers and Sisters in Christ, please take note of the yellow folders that have been placed in our Church pews. They are there for all of you to take part in singing some of our antiphons and other liturgical music. It would be uplifting if we all took part in singing to the glory God during our Liturgy. "Sing praises to our Lord, sing praises!"

- Kobasa sale fundraiser by the Veterans of Lehigh Valley. Flyer downstairs.

- Pyrohy schedule: Apr. 2, 16; May 7, 28. First come, first served (until we reach 250 doz.). Please volunteer for peeling, running, cooking/mashing, pinching and clean-up.

- Loving Waters Campaign for the All-Saints Camp Water System Repair (Emlenton, PA). The camp got a large bill for its water system. Let's help! Envelopes near entrance.

- Sunday School Schedule: Every Sunday right after the Communion. Welcome.

- Please turn in Redner's save a tape. The receipt must show the Save-A-Tape amount.

- Virtual Bible Study Day. Check the information on the board downstairs.

#### **BIRTHDAYS:**

24 Mar...Barbara Baird

25 Mar...John Miller

26 Mar...Stephanie Burk

29 Mar...Martha Misko

***МНОГАЯ ЛИТА! MANY YEARS!***

#### **NECROLOGY:**

***Ukrainian civilians and soldiers, killed in the Russian invasion.***

22 Mar...Gregory Yarenko '23

25 Mar...Helen Kokolus '96

26 Mar...Suzette Kropf '93, Xenia Sheska '12

27 Mar...Stephen Myc '30, Constantine Wulchak '60, John Gulka '89

***ВІЧНАЯ ПАМ'ЯТЬ! MEMORY ETERNAL!***

**Prayer for the health & salvation of the afflicted:** Ukrainian soldiers and civilians, wounded during the Russian aggression, Helen Crayosky, Caroline Hallman, Joseph Killino, Barbara Grason, Sandra Miller, John Vitushinski, Raisa Bakalets, Karen Yurconic, Martha Dowling, Michael Szymonifka, Karen Kankula, Evelyn Kankula, Russel Kerick, Christina Truss, Matthew Vitushinsky, Nadine Savitz, William Savitz, William Leszczuk, Mary Berger, Jessica Meashock, Warren Stahler, Ray Stoner, Zachary Y. Siyufy, soldier Oleh, Soldier Volodymyr, Raisa Melnychuk, Vasyl Beizyn, Lubov Shevchuk, Volodymyr Hranat, Ihor Broda, Gary Lelo, Debi Hutnick, Eric Hewko, Phil O'Brien, child Charlie, Juliana, Shirl Merolli, Stephanie Donnelly, child Alexandria, Elizabeth Pastushenko, MaryAnn Ramaley, Aaliyah Osmun, Brendan Phillips, Adam Hewko, Andrew Thaxton, Susan Ferretti, Judy Albright, Daniel Kochenash, Christopher Mack, Joann Hoodmaker, Norman Betrous, Robert Zarayko, Lisa Kulhanek, Esther Wilt, Benjamin Tomeo, Olena Kalichenko, Robert, Marybeth Smith, Charles Ermert.

#### **Selected Sayings from The Ladder of Divine Ascent**

By St. John of Sinai (St. John Climacus)

#### **Repentance**

"Repentance is the renewal of baptism."

“Repentance is reconciliation with the Lord through good deeds.”

### **Humility**

“Humility is a nameless grace of the soul.”

“The humble person never falls, because he is already beneath all.”

### **Prayer**

“Prayer is the conversation of the mind with God.”

“Prayer is the mother of all virtues.”

### **Spiritual Vigilance**

“Watchfulness is the continual guarding of the heart at the door of thoughts.”

“Demons are defeated by humility, not by strength.”

### **Love**

“Love is God, and whoever dwells in love dwells in God.”

“Love is the summit of all virtues.”

### **Struggle and Perseverance**

“Do not be surprised if you fall every day; rise courageously, and God will honor your endurance.”

“Where you have fallen, there you must rise.”

## **PROPERS for DIVINE LITURGY**

**Tropar of the Resurrection, Tone 8:** You descended from on High, Merciful One/ You accepted the three-day burial to deliver us from our passions/ Lord, our Life and Resurrection, Glory to You.

**Tropar of the Dormition, Tone 1:** In giving birth/ you preserved your virginity/ In falling asleep, you did not forsake the world, Birth-Giver of God/ You were translated to life, Mother of Life/ and through your prayers you deliver our souls from death.

**Tropaar to St. John of the Ladder, Tone 1:** O dweller of the wilderness and angel in the body/ you were a wonderworker, O our God-bearing Father John/ you received heavenly gifts through fasting, vigil and prayer/ healing the sick and the souls of those drawn to you by faith/ Glory to Him Who gave you strength/ Glory to Him Who granted you a crown/ Glory to Him Who grants healing to all.

**Kondak of the Resurrection, Tone 8:** By rising from the tomb, You raised up the dead/ Adam is risen and Eve exults in Your Resurrection/ The entire world celebrates Your rising from the dead/ Greatly Merciful One.

**Glory... Kondak to St. John, Tone 4:** The Lord truly set you on the heights of abstinence/ to be a guiding star, showing the way to the universe/ O our Father and teacher John.

**Now and ever... Kondak of the Dormition, Tone 2:** Neither the tomb nor death had power over the Birth-Giver of God/ she is ever watchful in her prayers and in her intercession lies unfailing hope/ For as the Mother of Life/ she has been translated to life by the One/ Who dwelt within her ever-virginal womb.

**Prokimen of the Resurrection, Tone 8:** Pray and make your vows before the Lord our God.

**Verse:** In Judah, God is known; His Name is great in Israel.

**Prokimen to St. John, T 4:** The saints shall rejoice in glory and they shall sing upon their beds.

**Epistles: Hebrews 6:13-20 & Ephesians 5:8-19**

**Alleluia Verses, Tone 8.** Come let us rejoice in the Lord. Let us shout with jubilation to God our Savior.

Let us come before His Face with thanksgiving; let us make a joyful noise to Him with songs of praise.

They who are planted in the House of the Lord shall flourish in the courts of our God.

**Gospels: Mark 9: 17-31 & Matthew 4:25-5”12**

**Instead of “It is right in truth...” Hymn to the Theotokos, Tone 6.** All of creation rejoices in you,/ O Full of Grace/ the assembly of angels and the race of men/ O sanctified temple and spiritual paradise/ the glory of virgins/ from whom God was incarnate and became a Child/ our God before the ages/ He made your body into a throne/ and your womb He made more spacious than the heavens/ All of creation rejoices in you,/ O Full of Grace/ Glory to you!

**Communion Hymn:** Praise the Lord from the heavens. Praise Him in the highest. The righteous man shall be in everlasting remembrance. He shall not be afraid of any evil report.

## **THE LADDER OF SPIRITUAL GROWTH**

(Inspired by “The Ladder of Divine Ascent” by Saint John of Sinai)

The Ladder of Divine Ascent by Saint John of Sinai is one of the most profound works of Christian spirituality. Although it was written by a monk and primarily for monks, its central message reaches far beyond the walls of a monastery. The Ladder is not merely a manual for ascetics; it is a map of the human heart.

The main principle is simple and universal: the spiritual life is an ascent toward God, step by step. Each rung of the Ladder represents either a virtue to be acquired or a passion to be overcome. The journey is not linear—every person may fall, rise again, and continue climbing. For this reason, the Ladder speaks powerfully to us living in the world, offering guidance for inner transformation amid family life, work, and daily responsibilities.

The Ladder teaches that spiritual growth is a process. It is not “all or nothing,” but a gradual ascent in which God patiently accompanies us.

The passions described by Saint John—anger, judgment, laziness, vanity, impurity, greed—are not monastic problems. They are human problems. The Ladder helps us identify what truly hinders the heart.

The book does not demand monastic austerity from those living in the world. Instead, it inspires a balanced, moderate discipline that fits one's state of life, family, and work.

We can discern where they currently stand, what obstacles they face, and what direction they should move next.

Thus, the Ladder becomes a compass for the inner life.

Here is a simplified adaptation of the Ladder's spirit—thirty steps of spiritual growth expressed in practical terms for everyday Christian life:

1. Renunciation of sin. Avoid what harms the soul.
2. Obedience to God. Live according to the Gospel; listen to your conscience.
3. Remembering the purpose of life. Seek salvation, not vanity.
4. Remembering death. Value time; do not postpone repentance.
5. Repentance. Honestly acknowledge your mistakes.
6. Overcoming anger. Restrain words and emotions.
7. Forgiveness. Do not carry resentment; do not recall past wrongs.
8. Overcoming vanity. Do not live for praise.
9. Avoiding judgment. Focus on your own sins, not others'.
10. Truthfulness. Speak honestly, without manipulation.
11. Watchfulness and diligence. Avoid spiritual and practical laziness.
12. Patience. Accept difficulties without complaining.
13. Meekness. Gentleness in words and behavior.
14. Purity of heart. Faithfulness in marriage; clean thoughts.
15. Non-possessiveness. Freedom from dependence on money.
16. Mercy. Help others in deed and word.
17. Simplicity. Do not complicate life unnecessarily.
18. Humility. Do not place yourself above others.
19. Silence. Fewer empty words; fewer quarrels.
20. Watchfulness over thoughts. Do not let evil enter the heart.

21. Moderation. In food, speech, and desires.
22. Joy in God. Trust rather than anxiety.
23. Prayer. Short, sincere, regular.
24. Remembering God throughout the day. “Lord, have mercy” in the heart.
25. Spiritual sobriety. Do not give in to passions.
26. Peacemaking. Build peace in the family and community.
27. Faith. Trust God in everything.
28. Hope. Believe that God acts even in darkness.
29. Love for neighbor. Concrete good deeds.
30. Love for God. The summit of all spiritual life.

Although The Ladder of Divine Ascent was written in a monastic context, its wisdom belongs to every Christian. It reveals that the journey toward God is not reserved for the few but is open to all who desire inner transformation. For us the Ladder becomes a guide to the heart—a way to recognize passions, cultivate virtues, and grow steadily in faith, hope, and love. Its message is timeless: we ascend to God not by great feats, but by small, faithful steps taken every day.

### **ORTHODOX NEWS AROUND THE GLOBE**

The Holy Synod of the Ecumenical Patriarchate elected Archimandrite Dionysios, Chancellor of the Greek Orthodox Diocese of Chicago as the new Vicar of that diocese headed by Metropolitan Nathanael.

Archbishop Daniel served the Divine Liturgy for Ukrainian Orthodox faithful on the 2nd Sunday of Great Lent at the parish in Dusseldorf, Germany

The Orthodox Christian Deaf Association held a Liturgy at Holy Trinity Church in State College, PA celebrated by Fr. Ignatius Hunter with ASL interpretation by Deanna Patel.

The film, *Moses the Black*, directed by Yelena Popovic and inspired by the 4th century ascetic, St. Moses the Black, began on the digital platform March 13th.

Metropolitan Varsonofiy of Vinnytsia performed the monastic tonsure of Deacon Serhiy Rachinsky in Assumption Cathedral, giving him the name Makariy, in honor of the saint, Metropolitan of Kyiv.

At Pokrovsky Convent in Goshcha, Metropolitan Pimen of Rivne officiated at the minor schema tonsure of three new nuns, Cherubim, Taisiya and Irene.

The new all-English St. Paul the Apostle Monastery was established in Wisconsin, headed by Hierodeacon Menas in the Athonite tradition.

At a time when war continues to bring suffering and trials to the people of Ukraine, signs of brotherly support and Christian compassion become especially meaningful. One such powerful witness of living faith and unity within the Orthodox Church has been the humanitarian assistance offered by the Ukrainian Orthodox Church of the USA to the social ministry of the Donetsk Eparchy of the Orthodox Church of Ukraine.

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**Євангеліє.** 17 Один з натовпу сказав у відповідь: Учителю, я привів до Тебе мого сина, що має духа німого. 18 Де тільки нападе на нього, кидає його на землю, і він пускає піну, і скрегоче зубами своїми, і ціпеніє. Я казав ученикам Твоїм, щоб вигнали його, та вони не змогли. 19 Він же, відповідаючи йому, сказав: о роде невірний, доки буду з вами? Доки буду терпіти вас? Приведіть його до Мене. 20 І привели його до Нього. Побачивши Його, дух стряснув його; він упав на землю і валявся, пускаючи піну. 21 Ісус запитав батька його: скільки років, як це сталося з ним? Він сказав: з дитинства; 22 багато разів дух кидав його і в огонь і у воду, щоб згубити його; але, якщо можеш, допоможи нам, змилосьердсья над нами. 23 Ісус сказав йому: якщо хоч трохи можеш вірувати, все можливе віруючому. 24 І тут же скрикнув батько отрока, зі сльозами говорячи: вірую, Господи! Допоможи моєму невірству. 25 Ісус, побачивши, що збігається народ, заборонив духові нечистому, сказавши йому: душе німий і глухий! Я тобі повеліваю: вийди з нього і більше не входь у нього. 26 І, закличавши та сильно напружившись, вийшов; і він став наче мертвий, так що багато хто говорив, що він помер. 27 Але Ісус, взявши його за руку, підняв його; і той устав. 28 Коли Ісус увійшов у дім, ученики спитали Його на самоті: чому ми не змогли вигнати його? 29 І сказав їм: цей рід не може вийти інакше, як від молитви і посту. 30