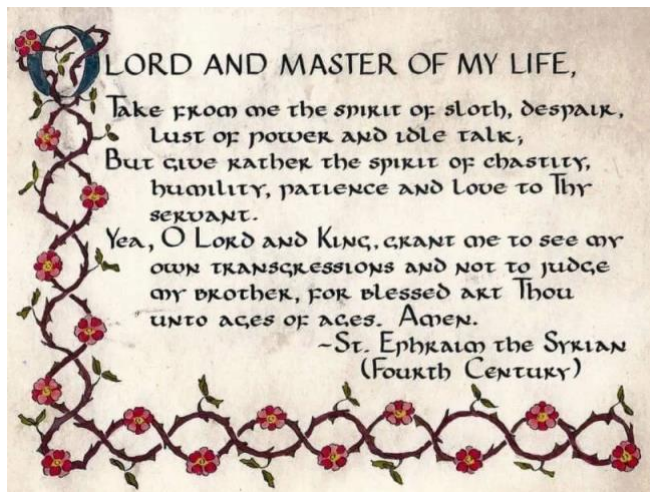


**Assumption of the Virgin Mary Ukrainian Orthodox Church
Weekly Bulletin Feb. 22 2026**



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 and 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

Protodeacon Mikhail – (H) (610) 262-3876; pravoslavni@rcn.com

Office – (610) 262-2882; avmuoc@gmail.com

Webmaster, John Hnatow – 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: <https://www.facebook.com/avmuocoftheus>

**Glory to Jesus Christ! Glory Forever!
Моли́мось за мир в Україні!**

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

Sun. 22 Feb. SUNDAY of FORGIVENESS (CHEESEFARE) EXPULSION of ADAM from PARADISE. TONE 4. Uncovering of the relics of the HOLY MARTYRS at the Gate of Eugenius

in Constantinople (395-423). Saints THALASSIUS, LIMNAEUS and BARADATES, Hermits of Syria (5th C.) St. ATHANASIUS the Confessor of Constantinople (826).

Welcome all for the Coffee Hour after the Liturgy – Запрошуємо на каву після Літургії

Video “Great Lent: Who do we want to become?” (25 min.)

05:00 PM Forgiveness Vespers.

Let us sincerely forgive one another

MENEION & SCRIPTURES 1ST WEEK OF THE GREAT LENT (STRICT FAST).

Mon. 23 Feb. Hieromartyr Polycarp, bishop of Smyrna (167). St. Alexander.

Is. 1:1-20

Gen. 1:1-13 Prov. 1:1-20

05:00 PM **The Great Canon of Repentance of St. Andrew of Crete.**

Tue. 24 Feb. First and Second Findings of the Precious Head of St. John the Baptist.

Is. 1:19–2:3

Gen. 1:14-23

Prov. 1:20-33

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

Anniversary of the War in Ukraine. Archbishop Daniel leads the Service. Welcome all.

Wed. 25 Feb. St. Ethelbert, king of Kent (616). St. Theodore, fool-for-Christ.

Is. 2:3-11

Gen. 1:24–2:3

Prov. 2:1-22

05:00 PM **The Great Canon of Repentance of St. Andrew of Crete.**

Thu. 26 Feb. Martyr Sebastian (66). New Martyr John Calphas (1575).

Is. 2:11-21

Gen. 2:4-19

Prov. 3:1-18

05:00 PM **The Great Canon of Repentance of St. Andrew of Crete.**

Fri. 27 Feb. St. Titus the Soldier, monk of the Kyiv Caves (14th c.).

Is. 3:1-14

Gen. 2:20–3:20

Prov. 3:19-34

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

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

Sat. 28 Feb. Great-martyr Theodore the Tyro (306). St. Basil the Confessor (747).

Heb. 1:1-12 Mk. 2:23–3:5

2 Tim. 2:1-10

Jn. 15:17 - 16:2

12:00 PM **Baptism.**

05:00 PM **Great Vespers. Examination of conscience and Confessions.**

Sun. 01 Mar. **09:00 AM DIVINE LITURGY.**

04:00 PM **SUNDAY OF ORTHODOXY at St. Nicholas Greek Orthodox Cathedral**

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, Tom, Sylvia Petro, priest Demetrius Nicoloudakis, 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, Joyce Welliver, 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,

Євангеліє: 14 Бо якщо ви прощатимете людям провини їхні, то простить і вам Отець ваш Небесний. 15 А коли не будете прощати людям провин їхніх, то і Отець ваш не простить вам провин ваших. 16 Коли ж постите, не будьте сумні, як лицеміри, бо вони потьмарюють обличчя свої, щоб показати людям, що постять вони. Істинно кажу вам: вони вже мають нагороду свою. 17 Ти ж, коли постиш, намасти голову твою і вмий обличчя твоє, 18 щоб не показувати людям, що ти постиш, але Отцю твоєму, — Який у таїні; і Отець твій, Який бачить таємне, воздасть тобі явно. 19 Не збирайте собі скарбів на землі, де черв і тля точать і де злодії підкопують і крадуть. 20 Збирайте ж собі скарби на небі, де ні черв, ні тля не точать і де злодії не підкопують і не крадуть, 21 бо де скарб ваш, там буде й серце ваше.

- **The flower order paper needs to be given by March 8.**
- **Thank you, Bill Raynor, for the donation of \$10 000 to the church memorial fund in memory of his wife, Mary Ann.**
- **The church received \$87 from Redner's receipts! Thank you to all who donated them.**
- **Nut Roll Sale. Six fillings. \$18 each. Order by March 13. Call Marty: 610-682-4458**
- **Pysanky Workshops** – Saturday, March 14, 2026 in the Church hall. Choose from 9 a.m.-12 noon OR 1:30-4:30 p.m. Cost: \$40 per person (\$5 non-refundable registration fee and \$35 at the door) You will have the use of all materials (emptied eggs, kistka, wax, dyes, etc.) to create a beautiful pysanka to take home. Contact Jessie Hnatow at jessie.hnatow@gmail.com or 610-428-8389 (text only) for registration information. Instructors: Christina Deutsch and Jessie Hnatow.
- **Pyrohy schedule: Mar. 5, 19.** 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 is facing a **large bill** for its water system. Let's help! Envelopes are 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. Thanks!
- **Virtual Bible Study Day.** Check the information on the board downstairs.

BIRTHDAYS:

24 Feb...Alexander Grason

26 Feb...Pani Ol'ha Kravchenko

28 Feb...Russell Kerick

МНОГАЯ ЛИТА! MANY YEARS!

NECROLOGY:

Ukrainian civilians and soldiers, killed in the Russian invasion.

22 Feb...Mary Plaska '58, Sophie Fedko '61, Paul Reznick '86, Tyler Pavlinski '16, Maria Sankow '15

23 Feb...Alexandeer Chuhij '30, Fenny Magerka '56, John Fedko '58

24 Feb...Nancy Fogel (infant) '39

25 Feb...Andrew Fedetz '19

27 Feb...Anna Kowalyshyn '91

ВІЧНАЯ ПАМ'ЯТЬ! MEMORY ETERNAL!

In the Orthodox Church, the last Sunday before Great Lent – the day on which, at Vespers, Lent is liturgically announced and inaugurated – is called Forgiveness Sunday. On the morning of that Sunday, at the Divine Liturgy, we hear the words of Christ: "If you forgive men their trespasses, your heavenly Father will also forgive you..." (Mark 6:14)

Then after Vespers – after hearing the announcement of Lent in the Great Prokeimenon: "Turn not away Thy face from Thy child for I am afflicted! Hear me speedily! Draw near unto my soul and

deliver it!"; after making our entrance into Lenten worship, with its special memories, with the prayer of St. Ephraim the Syrian, with its prostrations – we ask forgiveness from each other, we perform the rite of forgiveness and reconciliation. And as we approach each other with words of reconciliation, the choir intones the Paschal hymns, filling the church with the anticipation of Paschal joy. Forgiveness stands at the very center of Christian faith and of Christian life because Christianity itself is, above all, the religion of forgiveness. God forgives us, and His forgiveness is in Christ, His Son, Whom He sends to us, so that by sharing in His humanity we may share in His love and be truly reconciled with God. Christianity has no other content but love.
(By Fr. Alexander Schmemman)

He began His ministry by being hungry, yet He is the Bread of Life. Jesus ended His earthly ministry by being thirsty, yet He is the Living Water. Jesus was weary, yet He is our rest. Jesus paid tribute, yet He is the King. Jesus was accused of having a demon, yet He cast out demons. Jesus wept, yet He wipes away our tears. Jesus was sold for thirty pieces of silver, yet He redeemed the world. Jesus was brought as a lamb to the slaughter, yet He is the Good Shepherd. Jesus died, yet by His death He destroyed the power of death.
(By St. Gregory Nazianzus)

PROPERs for DIVINE LITURGY

Tropar of the Resurrection, Tone 4: When the women disciples of the Lord/ learned from the angel the joyous message of Your Resurrection/ they cast away the ancestral curse/ and with gladness told the Apostles/ Death is overthrown, Christ God is risen/ granting the world great mercy.

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.

Glory to the Father and to the Son and to the Holy Spirit.

Kondak of the Triodion, Tone 6: O Master, Guide to Wisdom/ Bestower of prudence, Instructor of the foolish and Defender of the poor/ make firm my heart and grant it understanding/ O Word of the Father/ give me speech, for behold, I shall not restrain my lips from crying out to You:/ "Have mercy, have mercy on me who have fallen."

Now and ever and to the ages of ages. Amen.

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 Lenten Triodion, Tone 8: Pray and make your vows/ before the Lord our God.

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

Epistle: Romans 13:11-14:4

Alleluia Verses, Tone 6,

It is good to give praise to the Lord and to sing unto Your Name, O Most High.

To declare Your mercy in the morning and Your Truth by night.

Gospel: Matthew 6:14-21

Communion Hymn: Praise the Lord from the heavens. Praise Him in the Highest. Alleluia (3X)

Archpastoral Letter of the Council of Bishops of the Ukrainian Orthodox Church of the USA and Diaspora on the Occasion of the Beginning of the Great and Holy Lent.

To the Reverend Clergy and Beloved Faithful of our Holy Church:

CHRIST IS AMONG US!

With pastoral love in Christ and prayerful concern for your spiritual lives, we address you at the threshold of the Great and Holy Lent - this sacred season of repentance, renewal, and return to the living God. Once again, the Holy Church lovingly calls us into the spiritual wilderness, not as a place of abandonment, but as a space of encounter, where the human heart is purified and made receptive to the grace of the Holy Spirit.

Great Lent is not merely a change in diet, schedule, or external practice. It is a profound invitation to inner transformation - to the restoration of the image of God within us, obscured by sin yet never destroyed. Through prayer, fasting, almsgiving, and repentance, we are called to re-center our lives on Christ, the Source of Life, Truth, and Love.

At the heart of the Lenten journey stands the virtue of self-discipline. The Church, in her wisdom, teaches us restraint - not as punishment, but as healing. In a world marked by excess, noise, and constant distraction, self-discipline becomes an act of freedom. It frees us from enslavement to our passions and re-orientes our hearts toward God and neighbor.

We are called during this holy season to exercise self-restraint in all things:

restraint of the body, through fasting that humbles yet strengthens;

restraint of the mind, by guarding our thoughts and intentions;

restraint of the tongue, by paying careful attention to our words, tone, and manner of speech.

The passions of verbal expression - anger, judgment, gossip, careless speech - wound not only others but our own souls. The Apostle reminds us that life and death are in the power of the tongue. During Lent, let our words be fewer, gentler, and prayerful; let silence teach us humility; let listening become an act of love.

Equally important is our attention to prayer. Prayer is not an obligation imposed from without, but the breath of the soul. In prayer, we learn again who we are and to Whom we belong. Whether in

the stillness of our homes, in the sacred beauty of the temple, or in the quiet prayer of the heart throughout the day, let us guard time for communion with God. Without prayer, fasting becomes empty; with prayer, even small efforts are filled with divine grace.

The Great Fast also reminds us of our responsibility toward the gift of life entrusted to us by the Lord Himself. Our bodies are not our own; they are sacred vessels, temples of the Holy Spirit, sealed in Baptism and nourished by the Holy Mysteries. To practice restraint and care for our bodies is to honor the Creator, who fashioned us in love and calls us to holiness. Caring for our physical, emotional, and spiritual well-being is not self-indulgence - it is stewardship.

This responsibility extends beyond ourselves. We are accountable for the way we live in relationship to the world around us. The Christian life is never isolated. Our fasting must open our eyes to the suffering of others; our prayer must soften our hearts; our restraint must cultivate compassion. In caring for one another's lives - through mercy, forgiveness, patience, and concrete acts of love - we bear witness to the Kingdom of God already present among us.

Beloved in the Lord, as we enter the Great and Holy Lent, let us walk this path together as one Body in Christ. Let us fall and rise again through repentance, trusting not in our own strength but in the boundless mercy of God. May this sacred season become for each of us a time of genuine renewal, healing of the soul, and restoration of joy in the Holy Spirit.

Entrusting you all to the loving protection of our Lord and Savior Jesus Christ, we invoke upon you His abundant grace and peace. With archpastoral love and prayer,

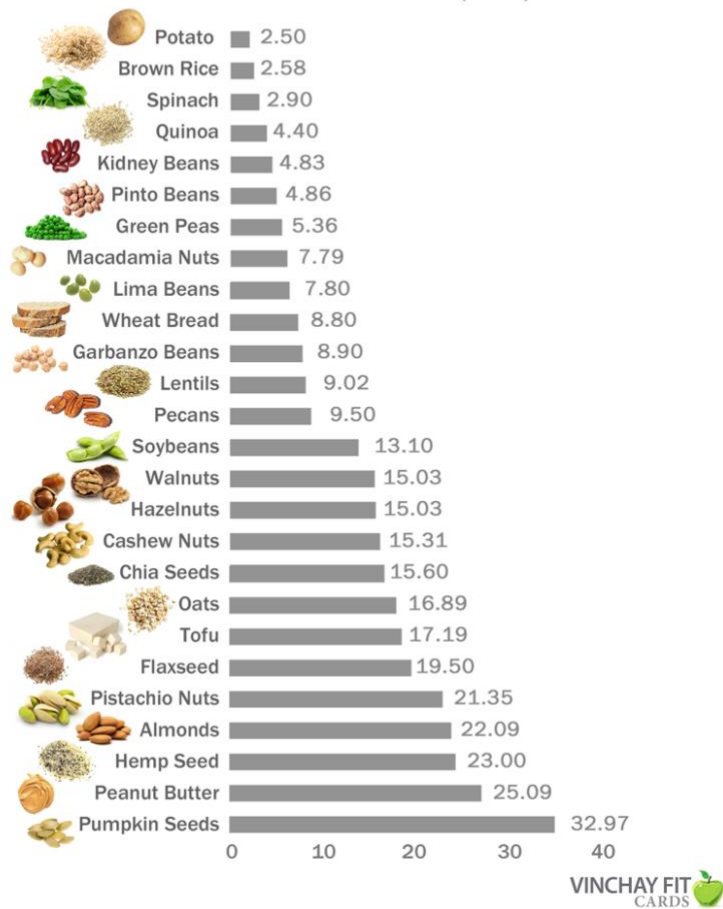
+ANTONY Metropolitan of the Ukrainian Orthodox Church of the USA and Diaspora

+JEREMIAH Archbishop of the Ukrainian Orthodox Eparchy of South America

+DANIEL Archbishop of the Ukrainian Orthodox Church of the USA and Diaspora

VEGAN PROTEIN

PER 100G (3.5 OZ) IN WEIGHT



ORTHODOX NEWS AROUND THE GLOBE ORTHODOX NEWS AROUND THE GLOBE

Metropolitan Nicholas visited the mission parish of the Mother of God in Sosua, Dominican Republic reflecting the growing Orthodox presence in the Caribbean.

Metropolitan Benjamin of Belarus served Divine Liturgy in the Church of St. Nicholas in Stankovo on the 20th anniversary of the canonization of Blessed Valentina of Minsk and a Moleben on the 60th anniversary of her repose at her chapel.

The first Divine Liturgy inaugurated St. Andrew's Orthodox School in England, celebrated by Archpriest Gregory of a recently established chaplaincy.



Metropolitan Epiphaniy met with the Rector Archpriest Yaroslav Romanchuk of the Kyiv Theological Academy, teaching staff and students, and offered support and financial assistance.

A group of pilgrims from the Chernivtsi Diocese visited the Holy Land sites and had an audience with Patriarch Theophilos III of Jerusalem.

The Romanian Orthodox Church proclaimed the canonization of 16 holy Romanian women (martyrs, monastics and ascetics of the 20th century) as well as wives, mothers and confessors from earlier eras.



Ukrainian Orthodox Church of the USA carries out its ministry today, extending a hand of help across the ocean to those who live each day on the edge of survival in Ukraine. For by serving together, we do not merely help people survive - we heal, restore, and build the future. And as long as we walk this path together, the Church remains alive, hope does not fade, and love overcomes pain.

