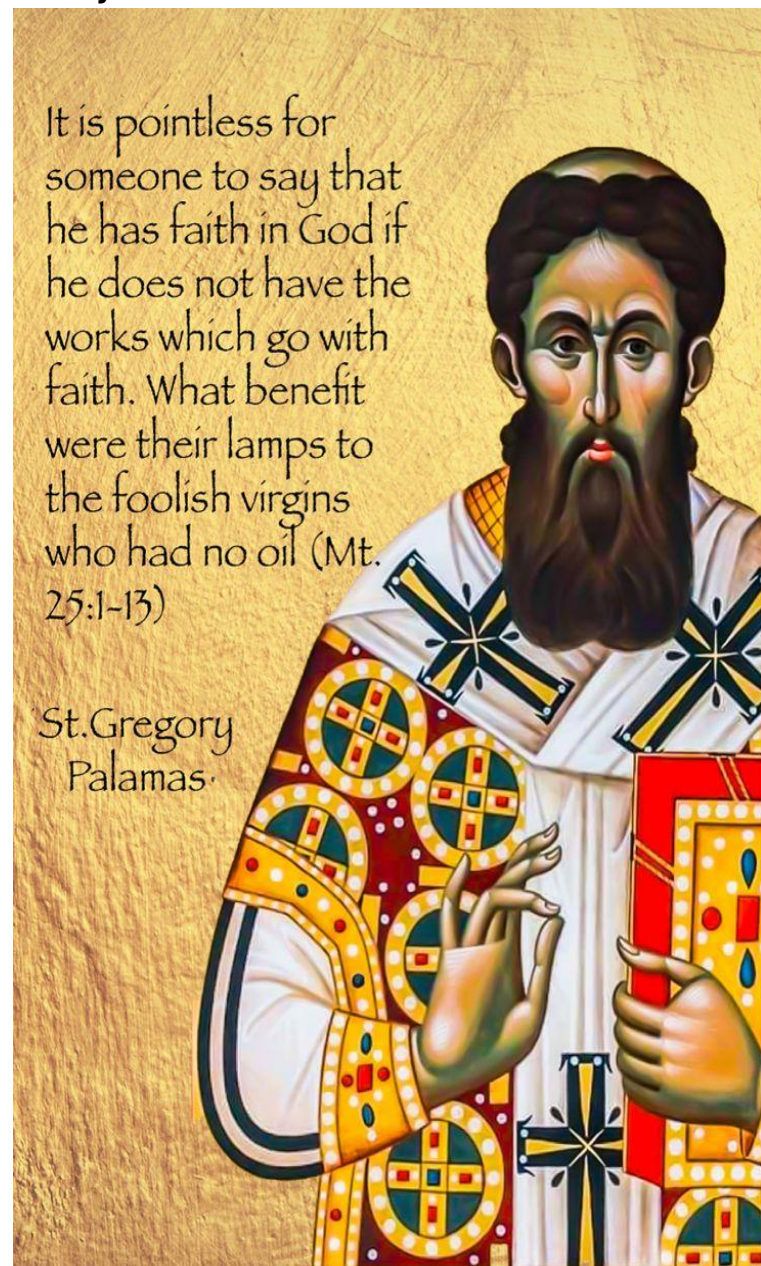


**Assumption of the Virgin Mary Ukrainian Orthodox Church  
Weekly Bulletin Mar. 8 2026**



**ECUMENICAL PATRIARCHATE OF  
CONSTANTINOPLE AND NEW  
ROME**

**We are on the New Calendar**  
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18067

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**- 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. 08 Mar. 2<sup>nd</sup> SUNDAY of the GREAT FAST. GREGORY PALAMAS, Archbishop of Thessalonika. SYNAXIS of the VENERABLE FATHERS of the KYIV CAVES. TONE 6. THEOPHYLACTUS, Bishop of Nicomedia (845) Apostle HERMAS of the 70 (1st C.) Hieromartyr THEODORETUS of Antioch (361) St. DOMETIUS the monk (363)  
Epistles: Hebrews 1:10-2:3 & Hebrews 7:26-8:2  
Gospels: Mark 2:1-12 & John 10:9-16

Welcome all for the Coffee Hour after the Liturgy – Запрошуємо на каву після Літургії  
UOL meeting during the coffee.

04:00 PM PASSIA or Divine Suffering of Christ (Pokrova Cathedral, Allentown)

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

Mon. 09 Mar. The Holy Forty Martyrs of Sebaste. Ursasianus of Nicomedia (295).  
Is. 8:13–9:7 Gen. 6:9-22 Prov. 8:1-21

Tue. 10 Mar. Martyrs Codratus (258). St. Anastasia the Patrician of Alexandria (567).  
Is. 9:9–10:4 Gen. 7:1-5 Prov. 8:32–9:11

06:30 PM Parish Board Meeting

06:30 PM Moleben for Peace in Ukraine (St. Johnn the Baptist, Northampton).

Wed. 11 Mar. St. Sophronius, patriarch of Jerusalem (638).  
Is. 10:12-20 Gen. 7:6-9 Prov. 9:12-18

05:30 PM Liturgy of the Presanctified Gifts in Lansford, PA.  
(Transport provided. Let Fr. Oleg know if you want to go).

Thu. 12 Mar. Righteous Phineas (1500 B.C.). St. Symeon the New Theologian (1021)  
Is. 11:10–12:2 Gen. 7:11–8:3 Prov. 10:1-22

05:00 PM Akathist to the Mother of God for health of the ill afflicted.

Fri. 13 Mar. Martyr Alexander of Macedonia (305). Martyr Christina of Persia (4th c.).  
Is. 13:2-13 Gen. 8:4-21 Prov. 10:31–11:12

5:30-6:00 PM 9th Hour and Confessions.

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

Sat. 14 Mar. Memorial Saturday.

09:00 AM Memorial Panachyda (make a list of departed and put it near bulletins).  
Pysanky Workshops in the Church hall.

05:00 PM Great Vespers.

Sun. 15 Mar. 09:00 AM DIVINE LITURGY. Baptism of the child Atlas Bazyl Holmboe (Fr. Bazyl's grandson). Everyone is invited to participate.

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

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- **This Great Lent we collect money for power generators for Ukrainians \$1500 each. Please put your donations to a box on the wall above bulletins. Thank you.**
  - **The flower order paper needs to be given by today, March 8.**
  - **Nut Roll Sale. Six fillings. \$18 each. Order by March 13. Call Marty: 610-682-4458**
  - **UOL Lenten Retreat. March 28. Flyer downstairs. For transportation ask Fr. Oleg.**
  - **Kobasa sale fundraiser by the Veterans of Lehigh Valley. Flyer downstairs.**
  - **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.
  - **We were gifted a treasure of pysanky supplies, books and other materials 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 15 from 10:30-11:30 a.m. and Sunday, March 22 from 10-11 a.m. during coffee hour. The winning names will be drawn at the end of coffee hour on March 22.** You do not need to be present for the drawing.
  - **Pyrohy schedule: Mar. 19; Apr. 2, 16; May 7, 21.** 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:**

- 10 Mar...Keith Rippey**
- 12 Mar...Victor Harnaho**
- 13 Mar...Julie Mauser**

#### **МНОГАЯ ЛИТА! MANY YEARS!**

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#### **NECROLOGY:**

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

- 09 Mar...Walter Zarayko '94**
- 10 Mar...Michael Andrushkiv '31, John Zyrebecky '76, Mary Praetorius '05**
- 11 Mar...Anna Metchoe '97, Anna Turick '09**
- 14 Mar...Michael Czepliak '26, Anna Tokarzk '88**

**ВІЧНАЯ ПАМ'ЯТЬ! MEMORY ETERNAL!**

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### **Key Teachings of St. Gregory Palamas in His Own Words.**

- “We know our God from His energies, but we do not claim that we can approach His essence.”  
(Why it matters: we don’t need to “understand” God to be saved. We need to experience Him — through prayer, repentance, the sacraments, and love. God is truly present and active in your life.)
  - “The divine and deifying grace is not created, but is the uncreated energy of God.”  
(When we receive grace, we are not receiving a “gift from God” — we are receiving God Himself, healing and transforming us).
  - “The light of the Lord’s Transfiguration is the uncreated light of the Godhead.”  
(Holiness is not imagination or emotion. The saints truly encounter God’s light — and we are called to the same path of purification and illumination).
  - “Through the remembrance of Jesus Christ, the mind descends into the heart.”  
(The Jesus Prayer is not optional spirituality — it is the way the heart is healed, passions are quieted, and the soul becomes a dwelling place of God).
  - “Divine grace does not destroy free will, but works with it.” (We are not saved by our efforts alone. We are not saved without our efforts. We are saved by cooperating with God’s grace.)
  - “The body also is glorified with the soul, for it shares with it in the struggles.” (Fasting, prostrations, vigils, sacraments — these are not “external rules.” Our bodies become temples of the Holy Spirit and shares in the resurrection).
  - “Man is called to become god by grace.” (Christianity is not moral improvement. It is transformation — becoming filled with God’s life, light, and love.)
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### **PROPERS for DIVINE LITURGY**

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**Tropar of the Resurrection, Tone 6:** The Angelic powers were at Your tomb/ the guards became as dead men/ Mary stood by Your grave/ seeking Your Most Pure Body/ You captured Hell, not being tempted by it/ You came to the Virgin granting Life/ Lord, risen from the dead, glory to You.

**Tropar to Gregory Palamas, Tone 8:** O luminary of Orthodoxy, support and teacher of the Church/ ideal of monks and invincible champion of theologians/ Wonderworker Gregory, boast of Thessalonika and herald of grace/ pray without ceasing for the salvation of our souls.

**Tropar to the Fathers of the Kyiv Caves, Tone 2:**

When you gathered in the Caves and enclosed yourselves therein/ then, O God-bearers, having died to carnal passions, you buried yourselves with Christ/ There in the Caves, you destroyed the snares of the devil/ Therefore, the angels gave you heavenly crowns.

**Glory... Kondak of the Triodion, Tone 4:** Now is the time for action! / Judgment is at the doors/ So let us rise and fast/ offering alms with tears of compunction



and crying/ "our sins are more numerous than the sands of the sea/ but forgive us, O Master of All/ so that we may receive the incorruptible crowns.

**Now and ever... Kondak to Gregory Palamas, Tone 8:** Holy and divine instrument of wisdom/ radiant and harmonious trumpet of theology/ we praise you in song, O divinely-speaking Gregory/ As a mind standing before the Primal Mind, guide our minds to Him, Father/ so that we may cry aloud to you:/"Rejoice, herald of grace."

**Prokimen of the Triodion Tone 5:** You, O Lord, shall protect us and preserve us/ from this generation forever.

**Verse:** O Lord, save me for there is no longer any righteous man.

**Prokimen to St. Gregory, Tone 1:** My mouth shall speak of wisdom and the meditation of my heart shall bring forth understanding.

**Epistles: Hebrews 1:10-2:3 & Hebrews 7: 26-8:2**

**Alleluia Verses, Tone 6.** He who dwells in the aid of the Most High will abide in the shelter of the God of Heaven. He will say to the Lord: You are my Helper and Refuge. He is my God and I will hope in Him.

Lord, I will chant of Your mercies forever. With my mouth I will proclaim Your truth from generation to generation.

You have said: Mercy will be built up forever. Your truth will be established in the heavens.

**Gospels: Mark 2:1-12 & John 10:9-16**

**In place of "It is right in truth..."** All of creation rejoices in you, Lady, full of Grace/ the assembly of angels and the human race/ Sanctified Temple and Spiritual Paradise/ the Glory of Virgins, from who God was incarnate and became a Child/ our God before the ages/ He made your body into a throne/ and your womb more spacious than the heavens/ All of creation rejoices in You, Lady 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 fear any evil report. Alleluia (3X)

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**FOR ME?** Essence....energies....hesychasm....what does this have to say to my life? My life consists of work, mortgage, bills, family. In the midst of our busy lives we need to remember and keep in focus the meaning and purpose of life. Do all the things I experience each day have a higher meaning and purpose? Is there a goal to my life? One person had a large poster hanging over his bed. The poster pictured a mansion on a hill overlooking the ocean. In the open garage doors were several expensive cars such as a Mercedes, BMW, Lamborghini. The caption on the poster read: "Justification for a Higher Education". This seemed to be the man's motivation and goal in life: to accumulate "stuff". Unfortunately he died too early and never obtained the house and the cars he was striving for. What he did accumulate was all being left behind. God's desire

for us is something better than an expensive piece of machinery....He wants to know Him, to share His very life, to become one with Him in a relationship that will have no end. This is what St. Gregory Palamas reminds us. This is the purpose of our prayer, liturgical services, fasting, struggling against our sinful passions.

**Євангеліє.** Коли через кілька днів знову прийшов до Капернаума, пішла чутка, що Він у домі. 2 Зразу ж зібралося багато людей, так що вже не вміщалися біля дверей, і Він говорив їм слово. 3 І прийшли до Нього з розслабленим, якого несли четверо. 4 І, не маючи можливості наблизитись до Нього через народ, розкрили покрівлю дому, де Він був, і, розібравши її, спустили постіль, на якій лежав розслаблений. 5 Ісус, побачивши віру їхню, говорить розслабленому: чадо, відпускаються тобі гріхи твої. 6 Були там деякі з книжників, що сиділи і помишляли в серцях своїх: 7 чому Цей так богохулить? Хто може прощати гріхи, крім одного Бога? 8 Ісус, відразу зрозумівши духом Своїм, що вони так помишляють у собі, сказав їм: навіщо так помишляєте в серцях ваших? 9 Що легше — сказати розслабленому: прощаються тобі гріхи? Чи сказати: встань, візьми постіль свою і ходи? 10 Та щоб ви знали, що Син Людський має владу на землі відпускати гріхи, — говорить розслабленому: 11 тобі кажу: встань, візьми постіль твою та йди до дому твого. 12 Він зараз же встав і, взявши постіль, вийшов перед усіма, так що всі дивувались і прославляли Бога, кажучи: ніколи ще такого ми не бачили.

**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.

**ORTHODOX NEWS AROUND THE GLOBE** The number of catechumens at All Saints Orthodox Church, Raleigh, NC, has grown to 215 after 32 were baptized in January.

Three Hierarchs Macedonian Orthodox Church in Fulda, Germany has its first Episcopal Liturgy with Metropolitan Pimen bringing its diocese in Germany to 15 parishes.

Metropolitan George of Africa ordained the first priest, Seraphim Turpin to serve the Orthodox faithful on Mauritius and Reunion in the Indian Ocean.

St. Anthony's Orthodox Church in Boazeman, Montana celebrated 10 baptisms and 15 new catechumens in one weekend. It now has a class of 40 catechumens and is constructing a new church.

Metropolitan Epiphaniy celebrate Great Vespers and the Rite of Forgiveness in St. Michael's Golden Domed Cathedral in Kyiv.

The OCMC has contributed \$170,000 for the first Orthodox Theological Seminary in Tanzania.



Ukrainian Orthodox Church of the United States of America continues to stand in solidarity with the suffering people of Ukraine. Nearly one hundred carefully prepared food and hygiene kits were recently distributed in Kharkiv. Aid continues daily to the Donetsk region, while ongoing humanitarian outreach extends across the Dnipropetrovsk and Kharkiv regions. Mothers with children, people with disabilities, the elderly, and large families reach out almost every day - each one bearing a story of loss, fear, and quiet endurance.

**Scan this QR code to read the most recent UOL bulletin.**



UOL members from multiple parishes went snow tubing at Blue Mountain.



