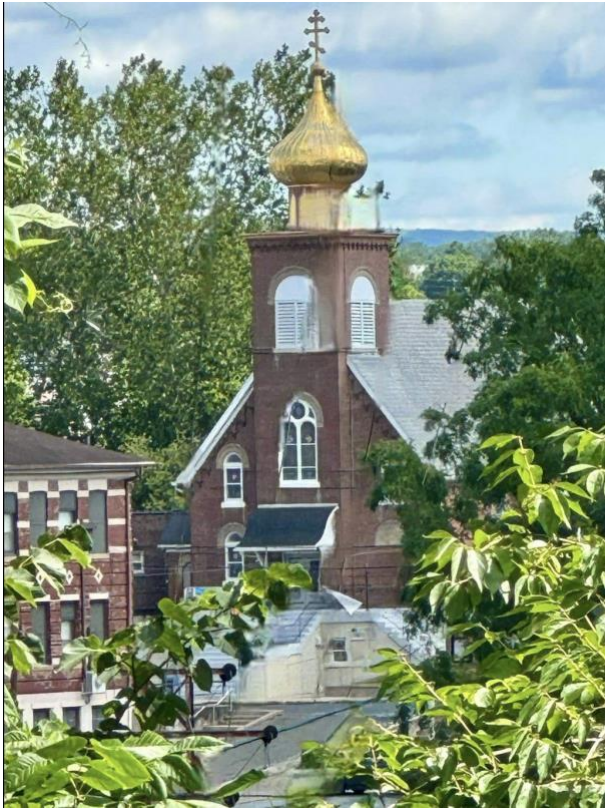


ASSUMPTION OF THE VIRGIN MARY UKRAINIAN ORTHODOX CHURCH
ECUMENICAL PATRIARCHATE OF CONSTANTINOPLE AND NEW ROME



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

Confessions: Vespers on the first Saturday of the month, Sundays before Liturgies, 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 for those who would like to send cards or good wishes

Please recycle the bulletin or bring it back to the church. Thank you.

You are welcome to contribute articles or pictures to the bulletin. Let's make bulletins together! - Follow us on Facebook: <https://www.facebook.com/avmuocoftheusa>

**Слава Ісусу Христу! Навіки Слава!
Молімось за мир в Україні.**

**Glory to Jesus Christ! Glory Forever!
Let us pray for peace in Ukraine**

Sun. 09 Mar. 1st SUNDAY of the GREAT FAST. TRIUMPH of ORTHODOXY. TONE 4. FORTY HOLY MARTYRS of SEBASTE (320) URPASIANUS of Nicomedia (295) Righteous CAESARIUS (369) TARASIVS of Liconium.
Epistles: Hebrews 11:24-26, 32-12:2 & Hebrews 12:1-10
Gospels: John 1:43-51 & Matthew 20:1-16

Welcome all for the Coffee Hour – Запрошуємо на каву.
During the coffee hour: “Journey to Fullness” episode.

04:00 PM. SUNDAY OF ORTHODOXY at St. George Antiochian Church in Allentown. Guest Homilist - Met. SABA, head of the Antiochian Archdiocese of America

MENEION & SCRIPTURES (GREAT LENT)

Mon. 10 Mar. Martyrs Codratus (Quadratus). St. Anastasia the Patrician of Alexandria(567)
Is. 4:2–5:7 **Gen. 3:21–4:7** **Prov. 3:34–4:22**

Tue. 11 Mar. St. Sophronius, patriarch of Jerusalem (638).
Is. 5:7-16 **Gen. 4:8-15** **Prov. 5:1-15**

06:30 PM **Parish Board meeting**

06:30 PM **Moleben for Peace in Ukraine (Holy Ghost, Easton).**

Wed. 12 Mar. St. Theophanes Confessor (818). St. Gregory the Dialogist, pope of Rome.
Is. 5:16-25 **Gen. 4:16-26** **Prov. 5:15–6:3**

05:30 PM **Liturgy of the Presanctified Gifts in Nesquehoning, PA.**
(Let Fr. Oleg if you want to go).

Thu. 13 Mar. Martyr Alexander of Macedonia (305). Martyr Christina of Persia (4th c.).
Is. 6:1-12 **Gen. 5:1-24** **Prov. 6:3-20**

Fri. 14 Mar. St. Theognostus, metropolitan of Kyiv and All Rus (1353).
Is. 7:1-14 **Gen. 5:32–6:8** **Prov. 6:20–7:1**

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

06:00 PM **Liturgy of the Presanctified Gifts. (Lenten soup. Volunteer for next).**

Sat. 15 Mar. Memorial Saturday. Martyr Nicander of Egypt (302).
Heb. 3:12-16 **Mk. 1:35-44**

09:00 AM **Memorial Service Panachyda**

05:00 PM **Great Vespers.**

Sun. 16 Mar. **09:00 AM** **Divine Liturgy of St. Basil the Great. Sisterhood meeting**

PROPERS FOR THE LITURGY OF ST. JOHN CHRYSOSTOM

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 from the Triodion, Tone 2: We venerate Your most Pure Icon, O Good One/ asking You to forgive our transgressions, O Christ God/ In Your good will it pleased You to ascend the Cross in the flesh/ to deliver from enslavement to the enemy those whom You had fashioned/ Therefore, we cry unto You in thanksgiving/ You have filled all things with joy, O Savior/ for You have come to save the world.

Tropar to the 40 Martyrs of Sebaste, Tone 1: Through the sufferings/ which Your holy Forty Martyrs endured for Your sake, O Lord/ we ask You, O Lover of mankind/ "Heal all of our infirmities."

Kondak of the Resurrection, Tone 4: My Savior and Redeemer/ as God rose from the tomb and delivered the earth-born from their chains/ He has shattered the gates of Hell/ and as Master/ He has risen on the third day.

Glory... Kondak to the 40 Martyrs, Tone 6: You have abandoned all earthly armies/ cleaving to the heavenly Master, O Forty Martyrs of the Lord/ Having passed through fire and water, O blessed ones/ you have fittingly received heavenly glory and many crowns.

Now and ever... Kondak from the Triodion, Tone 8: No one could describe the Word of the Father/ but when He took flesh from you, Birth-Giver of God/ He accepted to be described/ and restored the fallen image to its former state filling it with divine beauty/ We confess this our salvation in word and deed.

Prokimen, Tone 4: Blessed are You, Lord God of our Fathers, praised and glorified is Your Name to the ages.

Verse: For You are righteous in all that You have done for us.

Prokiemn to the Holy Martyrs, Tone 5: You, O Lord, shall protect us and preserve us from this generation forever.

Epistles: Hebrews 11: 24-26, 32-12:2 & Hebrews 12:1-10

Alleluia Verses, Tone 4. Moses and Aaron are among His priests and Samuel among those who call His Name. They called upon the Lord He answered them.

Make a joyful noise to God, all the earth. Sing of His Name, give Him glorious praise.

Gospels: John 1: 43-51 & Matthew 20:1-16

The Anaphora of Basil the Great (refer to Pp. 109-131 in Service Book)

Instead 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 whom 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. Rejoice in the Lord, You righteous; praise befits the upright. **Alleluia (3X)**

- **Easter Flower order sheets are available in the Vestibule. Ordering deadline March 16th.**

- **Kielbasa and Nut rolls sale. Flyers and sign-up downstairs.**

- A pysanky workshop will be held on March 22, 2025. See the flyer and on the website.
- Lehigh Valley Pan-Orthodox Young Adult Group visits our church on March 30 for the Liturgy. Let's bring our youth to meet them.
- Easter Paska Bread, Sponsored by UNWLA. Pick-up – April 13. Sign up downstairs.
- **Great Lent fundraiser:** we collect Baby/Mommy Items for the Cay Galgon House for pregnant women in need (Bethlehem). The baby bottles for monetary donations, the completed list of needs and the pack-n-play for donations are downstairs. We will deliver that all after Pascha.
- **Make lists of deceased people for commemoration on the Saturdays of Great Lent.**
- **Pyrohy schedule: Mar. 20.** First come, first served (until we reach 250 doz.). Please volunteer for peeling, running, cooking/mashing, pinching and clean-up.
- **Church School.** Mrs. Mary Ost (Preschool/ Elementary) 8:55-9:20 AM. Ms. Karen Kankula (Secondary) at 8:45-9:15 AM. Fr. Oleg occasionally. **Welcome all children and youth.**
- **For Food Bank:** baby foods, canned potatoes, and meats, tuna, pasta, sauces, mac. & cheese.
- **Virtual Bible Study Day – Wednesdays.** Check the information on the board downstairs.

BIRTHDAYS:

10 Mar...Keith Rippey

12 Mar...Victor Harnaho

13 Mar...Julie Mauser

МНОГАЯ ЛІТА! MANY YEARS!

NECROLOGY:

Ukrainian civilians and soldiers, killed in the Russian invasion.

09 Mar...Walter Zarayko '94

10 Mar...Michael Andrushkiv '31, John Zyrebecky '36, Mary Praetorius '05

11 Mar...Anna Metchoe '97, Anna Turick '09

14 Mar...Michael Czepeliak '26, Anna Tokarzk '88

ВІЧНА ПАМ'ЯТЬ! MEMORY ETERNAL! ---

PRAYER FOR THE HEALTH & SALVATION OF THE AFFLICTED: Ukrainian soldiers and civilians, wounded during the Russian aggression, Joseph Killino, Barbara Grason, Helen Crayosky, Rosemarie Pypiuk, Sandra Miller, Tom Petro Jr., Sylvia Petro, priest Demetrius Nicoloudakis, priest Vasyl Dovgan, Martha Dowling, Michael Szymonifka Karen Kankula, Evelyn Kankula, Russel Kerick, Christina Truss, Jon Hewko, Matthew Vitushinsky, Nadine Savitz, William Savitz, Nicholas Alexander, William Leszczuk, Mary Berger, Jessica Meashock, Maria Joseph, Zachary Y. Siyufy, Raisa Melnychuk, Vasyl Beizyn, Lubov Shevchuk, Volodymyr Hranat, Ihor Broda, Steve Lelo, Gary Lelo, Debi Hutnick, Eric Hewko, Phil O'Brien, child Charlie, Juliana, Shirl Merolli, Kirk Swauger, Stephanie Donnelly, Danny Berro, child Alexandria, Elizabeth Pastushenko, 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, Ron Moser, Benjamin Tomeo, Olena Kalichenko.

Reflecting on the Lenten Prayer of Saint Ephrem. First petition: Asking for Deliverance from Destructive Passions. "O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk." Before we can grow in virtue, we must first be freed from the passions that hinder us. This section of the prayer is a plea for spiritual

purification, asking God to remove four specific destructive attitudes. Sloth – The Enemy of Spiritual Growth. Sloth, in a spiritual sense, is not merely laziness but a deep indifference toward God, prayer, and our own salvation. It manifests as procrastination in spiritual matters, avoidance of repentance, and lack of enthusiasm for worship. How It Affects Us: Neglecting prayer, church services, and spiritual reading. Feeling no urgency to repent or improve spiritually. Seeking distractions instead of spending time with God.

Practical Steps to Overcome Sloth: Create a prayer rule and follow it daily, even if it's short. Prioritize church attendance - commit to going even when it feels inconvenient. Set spiritual goals, such as reading a portion of the Gospel daily. Surround yourself with people who encourage your faith. When we fight against sloth, we invite the fire of the Holy Spirit into our hearts, awakening a true desire for God. Despair – The Loss of Hope in God. Despair is one of the devil's greatest weapons. It convinces us that we are beyond redemption, that our sins are too great, or that God is distant and unconcerned. How It Affects Us: Feeling unworthy of God's mercy. Losing motivation to repent because we believe we won't change. Becoming overwhelmed by guilt instead of turning to Christ. Practical Steps to Overcome Despair: Remember the parable of the Prodigal Son - God is always ready to receive us. Confess regularly - this sacrament is a direct encounter with Christ's mercy. Meditate on the Psalms, especially Psalm 50 (51), which expresses repentance and hope. Practice gratitude - recognizing God's blessings can renew your faith in His goodness. No matter how many times we fall, we must always rise again. The Saints were not people who never sinned, but those who never gave up on God's mercy.

Lust of Power – The Desire to Control and Dominate. Lust for power is the desire to control, manipulate, or dominate others. It stems from pride and leads to selfish ambition, conflict, and oppression. How It Affects Us: Wanting to be in control of everything. Seeking recognition or authority over others for self-glory. Manipulating others to get our way. Practical Steps to Overcome Lust of Power: Practice servant leadership - Christ, the King of Kings, washed His disciples' feet. Accept that God is in control, not us - learning to trust Him brings peace. Be willing to listen and take advice rather than always wanting to lead. Cultivate humility - seek ways to serve rather than be served. True greatness comes from serving others, not ruling over them. The Saints became great not through power but through humility and love.

Idle Talk – The Power of Words. Idle talk includes gossip, slander, empty chatter, and meaningless distractions. Words have power - they can bless or harm, build up or destroy. How It Affects Us: Wasting time on useless conversations instead of edifying ones. Gossiping or speaking negatively about others. Speaking without thinking, causing unnecessary harm. Practical Steps to Overcome Idle Talk: Think before you speak: Is it true? Is it kind? Is it necessary? Use words to encourage and bless others. Spend more time in prayer and silence - listening to God rather than speaking.

The tongue is small, but it can set entire lives on fire (James 3:5). When we control our speech, we become more Christ-like.

Second Petition: Asking for Virtues to Replace Our Sins. "But give rather the spirit of chastity, humility, patience, and love to Thy servant." Once we ask God to remove negative passions, we must replace them with virtues. Chastity – Purity in Mind, Body, and Soul. Chastity is often thought of as sexual purity, but it is much more - it is purity of heart, mind, and soul. It means being fully devoted to God and resisting sinful distractions. Practical Steps to Grow in Chastity: Guard your heart and mind - be mindful of what you watch, listen to, and read. Practice self-discipline in all areas, not just sexuality. Focus on Christ as your greatest treasure - the pure in heart will see God (Matthew 5:8). A chaste heart is free to love God without distractions.

Humility – Seeing Ourselves Truthfully. Humility is knowing who we are before God—nothing without Him, but everything in His love. Practical Steps to Grow in Humility: Accept correction and criticism without defensiveness. Give credit to God for your talents and achievements. Serve others without seeking recognition. Christ humbled Himself unto death—when we are humble, we reflect His image.

Patience – Trusting in God’s Timing. Patience means accepting trials without losing faith, knowing that God is working all things for good. Practical Steps to Grow in Patience: When suffering, remember: This is temporary, but God’s love is eternal. Pray for those who test your patience. Trust in God’s plan, even when you don’t understand. Patience brings peace, even in suffering.

Love – The Highest Virtue. Love is the core of Christianity. Christ told us that the greatest commandment is to love God and neighbor (Matthew 22:37-39). Practical Steps to Grow in Love:

Love even when it is difficult - forgive and be kind. Put others before yourself. See Christ in every person. Love conquers all and brings us closest to God. Final Petition: The Key to True Repentance. "Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou, unto ages of ages. Amen." This final part teaches us self-examination and mercy. Stop judging others - focus on your own repentance. Be quick to forgive - God forgives us as we forgive others. Seek daily self-reflection - examine your conscience each night. (Theological Efforts of Archbishop Daniel)

ORTHODOX WORLD NEWS



Groups of catechumens from various villages, many from the Masai Tribe, came to the missionary center in Arusha, Tanzania to be baptized into the Orthodox Faith.

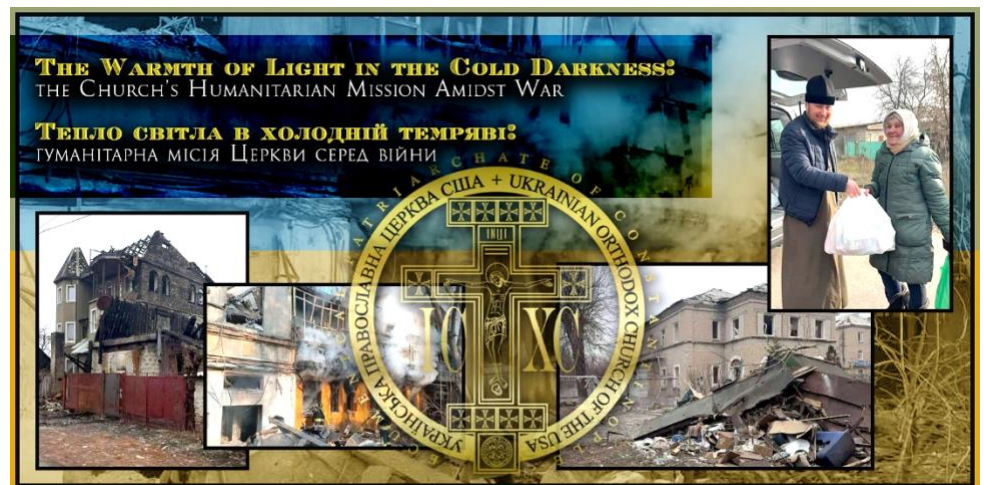
Patriarch Theodore II traveled to Lwemiyaga, Uganda where he celebrated the Divine Liturgy in the newly built Church of St. Catherine.

February 23rd, Patriarch Theodore served the first Divine Liturgy in South Sudan in the courtyard of the Chapel of St. Panteleimon at the Linderman Polyclinic.

Metropolitan Onuphriy served a Panikhida at St. Panteleimon’s Convent in Kyiv for repose of the souls of Ukrainian victims on the 3rd anniversary of the Russian invasion.

A new Orthodox mission began at St. Edmund’s Chapel, 70 miles northeast of London, England with Hieromonk Theodore serving the first Divine Liturgy.

St. George’s Monastery in Jerusalem is raising funds for the Orthodox orphanage in Fiji in the South Pacific led by Abbess Marianna.





Pysanky Workshops



Saturday, March 22, 2025

9 a.m.–12 noon **-OR-** 1:30 p.m.– 4:30 p.m.

Assumption of the Virgin Mary Ukrainian Orthodox Church
1301 Newport Avenue
Northampton, PA 18067

\$40 per person

(\$5 non-refundable registration fee + \$35 @ the door)

- ✦ Each participant starts with an emptied, pre-marked egg ready to start creating your design.
- ✦ All materials, including kistka, wax, dyes, etc. are provided.
- ✦ A gloss coating will be added to the finished egg making your pysanky ready to take home and display.
- ✦ Workshops are for beginners or more experienced writers who wish to use the available materials to write on their own.
- ✦ Children under the age of 16 must be accompanied by an adult.

Register: Contact **Jessie Hnatow** at jessie.hnatow@gmail.com or **610-428-8389** (text only) by **March 8** for registration information. Class sizes are limited.

Instructors – Christina Deutsch and Jessie Hnatow

Additions in Ukrainian

Євангеліє: Царство Небесне подібне до господаря дому, який вийшов рано вранці наймати робітників для свого виноградника. 2 І, домовившись з робітниками по динарію за день, послав їх до свого виноградника. 3 А коли вийшов він близько третьої години, то побачив інших, що стояли на торгу без діла. 4 І сказав їм: ідіть і ви до мого виноградника, і, що належатиме, дам вам. Вони пішли. 5 А як вийшов він знову близько шостої і дев'ятої години, зробив так само. 6 Нарешті, вийшовши об одинадцятій годині, він знайшов інших, що стояли без діла, і говорить їм: чого тут стоїте цілий день без діла? 7 Вони кажуть йому: ніхто нас не найняв. Він говорить їм: ідіть і ви до виноградника мого і, що належатиме, одержите. 8 Коли ж настав вечір, господар

виноградника говорить управителєві своєму: поклич робітників і віддай їм плату, почавши з останніх і до перших. 9 І ті, що прийшли об одинадцятій годині, одержали по динарію. 10 Ті ж, які прийшли першими, гадали, що вони одержать більше, але й вони одержали по динарію. 11 І, одержавши, стали дорікати господареві 12 і говорили: ці останні попрацювали одну годину, і ти зрівняв їх з нами, що перетерпіли денний тягар і спеку. 13 Він же сказав у відповідь одному з них: друже, я не скривдив тебе; чи не за динарїй ти домовився зі мною? 14 Візьми своє та йди. Я ж хочу і цьому останньому дати те ж, що і тобі. 15 Хіба я не вільний по-своєму робити те, що хочу?