

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

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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.

Please, don't throw away the bulletin. 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! Glory to Jesus Christ! Glory Forever!

Let's pray for peace in Ukraine

Молімось за мир в Україні

Sun. 17 Mar. (04 Mar.) SUNDAY of FORGIVENESS (CHEESEFARE) Expulsion of Adam from Paradise. Tone 8. GERASIMUS of the Jordan (475) Patriarch JULIAN of Alexandria

(189) JAMES the Faster of Phoenicia. Martyr WENCESLAUS, Prince of the Czechs (938).
Blessed BASIL Prince of Rostov (1238).

Epistle: Romans 13: 11-14:4

Gospel: Matthew 6:14-21

Sisterhood meeting after the coffee hour.

5:00 PM FORGIVENESS VESPERS. BEGINNING OF THE GREAT FAST AT SUNDOWN

Liturgical Meneion & Scripture Readings

Mon. 18 Mar. Martyr Conon of Isauria (2nd c.).

Is. 1:1-20

Gen. 1:1-13

Prov. 1:1-20

4:00 PM THE GREAT CANON OF REPENTANCE OF ST. ANDREW OF CRETE.

Tue. 19 Mar. 42 Martyrs of Ammoria in Phrygia (845).

Is. 1:19-2:3

Gen. 1:14-23

Prov. 1:20-33

5:00 PM THE GREAT CANON OF REPENTANCE OF ST. ANDREW OF CRETE.

6:30 PM MOLEBEN FOR UKRAINE (Holy Protection, Allentown)

Wed. 20 Mar. The Holy Hieromartyrs of Cherson (4th c.).

Is. 2:3-11

Gen. 1:24-2:3

Prov. 2:1-22

Thu. 21 Mar. Apostle Herman of Seventy.

Is. 2:11-21

Gen. 2:4-19

Prov. 3:1-18

5:00 PM THE GREAT CANON OF REPENTANCE OF ST. ANDREW OF CRETE.

Fri. 22 Mar. The Holy 40 Martyrs of Sebaste (320).

Is. 3:1-14

Gen. 2:20-3:20

Prov. 3:19-34

4:30 PM Confessions

5:00 PM LITURGY OF THE PRESANCTIFIED GIFTS.

Welcome all to the common soup supper after Service. (Please volunteer for the next soup).

Sat. 23 Mar. Great Martyr Theodore Tyro (306).

Heb. 1:1-12 Mk. 2:23-3:5

5:00 PM PAN-ORTHODOX VESPERS AT ST. PAUL, EMMAUS.

Sun. 24 Mar. Triumph of Orthodoxy.

9:00 AM DIVINE LITURGY of St. Basil the Great.

5:00 PM GREAT VESPERS WITH LITIYA.

-Triumph of Orthodoxy. Pan-Orthodox Vespers – Saturday, March 23, 5 PM at St. Paul Antiochian Church (156 E. Main Street, Emmaus, PA). Homilist – V. Rev. Andrew S. Damick. Great Vespers that day is canceled in our church.

-Our Parish along with the local donors collected and sent \$11000 to the Ukrainian Relief Fund of UOC of USA. Humanitarian aid will be purchased for this money.

- Pysanky Workshops – 22 participants attended successful workshops on March 9, 2024. We thank the instructors Christina Deutsch and Jessie Hnatow. Each attendee left the church hall with a colorful, symbolic, completed pysanka. See the Assumption Facebook page for photos.

- Go to either the Assumption Facebook page or our AVM website for a link to register for an excellent presentation that discusses the evolution of creating pysanky. Artist and ethnographer Sofika Zielyk explains how, in time of war, pysanky can be seen as a metaphor for Ukraine and its people. Fragile, yet formidable, they are all intent on persevering and overcoming in their existential fight against evil.
- Movie Evening: 20 Days in Mariupol – the Oscar-winning Ukrainian documentary. Thursday, March 28 at 5:00 PM at the Church Hall. Drinks and snacks will be provided.
- Great Lent fundraiser: we collect Baby/Mommy Items for the Cay Galgon Life 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.
- Embroidered Protection Crosses for Ukrainian soldiers. \$5 per kit(money goes to Ukrainian support). Order forms are downstairs. Ask Kathleen Kuchinos.
- Wednesdays of Great Lent Fr. Oleg substitutes at the Church in Nesquehoning, PA. If you would like to participate in the Liturgies of Presanctified Gifts that day, please let him know.
- UOL meeting – Sunday, March 24 after the coffee hour.
- Kowalonek’s kielbasy sampler for Paschal basket. \$20 each. Take a flyer downstairs.
- Lenten Retreat. Focus on Confession. Speakers: Metropolitan Antony and Fr. Antony Perkins. April 6. Details and prices are on the whiteboard downstairs. Please let Fr. Oleg know if you want to come. We will organize transportation. Great Vespers that day is cancelled.
- Pyrohy schedule: March 21. First come, first served (until we reach 300 doz.). Please volunteer for peeling, running, cooking/mashing, pinching and clean-up.
- Church School is every Sunday: Mrs. Mary Ost (Preschool/ Elementary) 8:55-9:20 AM. Mrs. Karen Osmun(Secondary) at 8:45-9:15AM.Once a month with Fr. Oleg after Liturgy.
- For Food Bank: baby foods, canned potatoes, and meats, tuna, pasta, sauces, mac. & cheese.
- Virtual Bible Study Day - every Wednesday via Zoom: Nº1 Pan-Orthodox at 12 PM. Meeting ID: 576 301 6482. Passcode: 238492. Nº2 with a professor of Saint Sophia Seminary, Fr. Demetrios at 7 PM. Ask Fr. Oleg for the link.

BIRTHDAYS:

17 Mar...Kathleen Jones

18 Mar...Nadine Savitz

24 Mar...Barbara Baird

МНОГАЯ ЛІТА! MANY YEARS!

NECROLOGY:

Ukrainian civilians and soldiers, killed in the Russian invasion.

17 Mar...John Nazar

18 Mar...Marianne Proch '06, Joan Molnar '23

19 Mar...Micahel Pontician '52, Federick Van Kirk '09

20 Mar...Julia Zadubera '65, Dmytro Harnaho '19

22 Mar...Gregory Yurenko '23

ВІЧНА ПАМ'ЯТЬ! MEMORY ETERNAL!

PRAYER FOR THE HEALTH & SALVATION OF THE AFFLICTED: Ukrainian soldiers and civilians, wounded during the Russian aggression, His Eminence Metropolitan Antony, Vladimir Krasnopera, Barbara Grason, Paul Kochenash, Helen Crayosky, Rosemarie Pypiuk, priest Demetrius Nicoloudakis, priest Vasyl Dovgan, Karen Kankula, Edward Bachert, Jon Hewko, Matthew Vitushinsky, Nadine Savitz, William Savitz, Nicholas Alexander, Tom Petro Jr., William Leszczuk, Mary Berger, Jessica Meashock, James Osmun, Maria Joseph, Zachary Y. Siyufy, Ruslana Reznik, Lubov Slonova, Raisa Melnychuk, Vasyl Beizyn, Lubov Shevchuk, Volodymyr Hranat, Ihor Broda, Debi Hutnick, Eric Hewko, Phil O'Brien, child Charlie, Juliana, Shirl Merolli, Kirk Swauger, Stephanie Donnelly, Danny Berro, child Alexandria, Elizabeth Pastushenko, Philippe Chasseuil, Aaliyah Osmun, Brendan Phillips, Adam Hewko, Andrew Thaxton, Susan Ferretti, Judy Albright, Daniel Kochenash, Christopher Mack, Joann Hoodmaker, Norman Betrous, Robert Zarayko.

PROPERS FOR THE LITURGY OF ST. JOHN CHRYSOSTOM

Tropar of the Resurrection, Tone 8: You descended from on High, Merciful One/ You accepted the three-day burial to free us from our sufferings/ 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.

Glory... 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 upon me who have fallen."

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 Triodion, Tone 3: Make your vows and pay them to the Lord our God

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

Epistle: Romans 13:11-14:4

Alleluia, 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.

ORTHODOXY IN THE WORLD



Divine Liturgy on the Sunday of the Prodigal Son was celebrated by Fr. Chrysostom Koolya in Holy Resurrection Cathedral in Jinja, Uganda.

On Mar. 3rd Patriarch Theodore II and several hierarchs consecrated Archimandrite Stephen as the new Assistant Bishop of Hippo in St. Nicholas Church in Cairo, Egypt.



Archbishop Jonah of Ukraine visited the newly established parish of the Icon of Our Lady of Pochaiyev in Cologne, Germany on Mar. 3rd.

Our Lady of Zhrovytsk Belarusian parish in Strongville, Ohio has petitioned the Ukrainian Orthodox of the USA for membership.



ARCHBISHOP DANIEL VISITS SAN DIEGO, CA

Seminarians of St. Sophia Ukrainian Orthodox Theological Seminary Join Archbishop Daniel in **LIFE-SAVING BLOOD DONATION EFFORT**

Семінаристи Української Православної Духовної Семінарії Святої Софії разом із архієпископом Даниїлом взяли участь в **РЯТІВНІЙ АКЦІЇ ДОНОРСТВА КРОВІ**

THE GREAT LENT

A LIFE OF PARADISE ON EARTH

RESTORING A LIFE OF BIBLE READING, PRAYERS, AND MEDITATION

Sanctify your Body, Mind, and Soul through Ascetic Practices

Continue on the Path to Eternal Life

Commit ourselves to a righteous life

Stand firmly against Satan

Remember that through Holy Baptism you are born of Water and Spirit

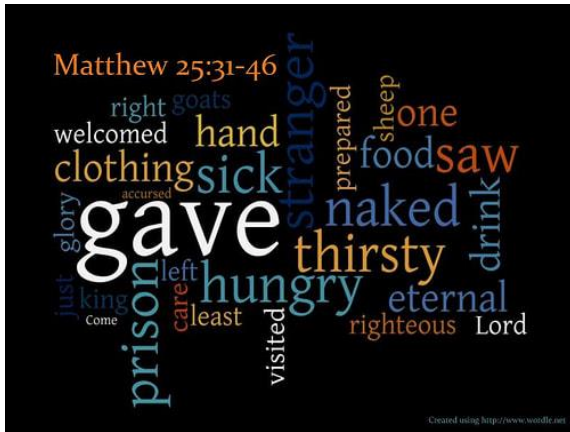
Be born again through the Renewal of the Mind

Through the Sacraments of Holy Confession and Holy Communion, partake in the Body and Blood of Jesus Christ

Repent and Seek Forgiveness

◆ DURING GREAT LENT ◆

- ◆ Follow the Rules of Abstinence and Lenten Practices prescribed by the Church
- ◆ Read the Scriptures Daily and Pray Unceasingly
- ◆ Fast
- ◆ Participate in Church Services Regularly
- ◆ Give food to those who hunger, and drink to those who thirst
- ◆ Set aside a portion of your wealth for the Needy
- ◆ Be Enthusiastic in Good Works
- ◆ Do not be Wasteful and Avoid Arrogance
- ◆ Forgive Everyone and let go of all Grudges
- ◆ Love your Neighbor as yourself



OUR JOURNEY TO PASCHA! 2024

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 25th	 <i>TRIDION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week MARCH 3rd	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare MARCH 10th FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 17th FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 24th	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 31st	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent APRIL 7th	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent APRIL 14th	 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 APRIL 21st	 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.
FLOWERY (PALM) SUNDAY! APRIL 28th GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> 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 MAY 3rd	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! MAY 5th NO FASTING!	 <i>BRIGHT WEEK</i> 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!

Additions in Ukrainian

Недільне Євангеліє: Матфея 6:14-21 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.