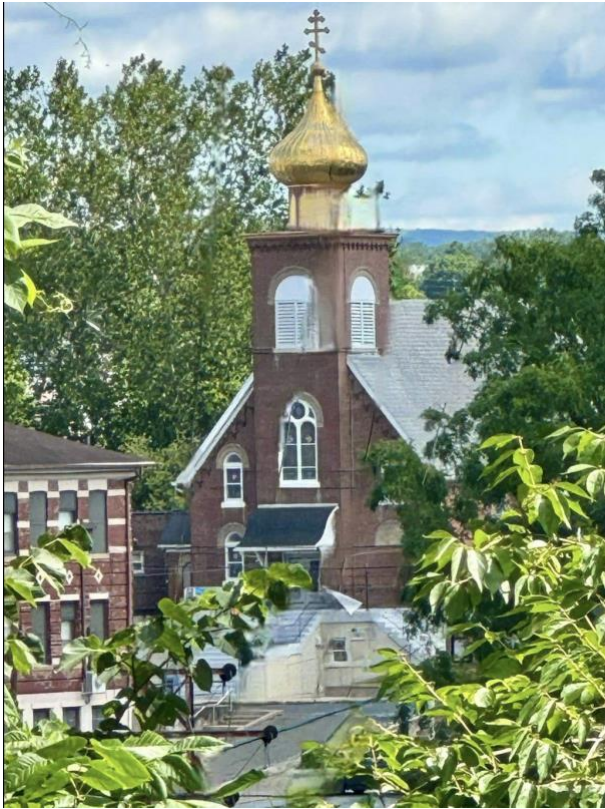


ASSUMPTION OF THE VIRGIN MARY UKRAINIAN ORTHODOX CHURCH  
ECUMENICAL PATRIARCHATE OF CONSTANTINOPLE AND NEW ROME



1301 Newport Avenue, Northampton, Pennsylvania 18067

Rev. Fr. Oleg Kravchenko, Rector

Protodeacon Mikhail Sawarynski, Attached

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

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**Христос Посеред Нас! Є і Буде!**  
Let's pray for peace in Ukraine

**Christ Is Among Us! Is And Shall Be!**  
Молімось за мир в Україні

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**Sun. 24 Nov. 22nd SUNDAY AFTER PENTECOST. TONE 5. AFTERFEAST of the ENTRY of the VIRGIN MARY. Great Martyr CATHERINE (305) Great Martyr MERCURIUS (259) Martyrs AUGUSTA, PORPHYRIUS & 200 soldiers (305) Martyr PHILOTHEA of Romania (1060) Venerable MERCURIUS, the Faster of the Far Kyiv Caves (14th C.)**

**Epistle: Gal. 6:11-18**

**Gospel: Lk. 13:10-17**

**Welcome all for the Coffee Hour – Запрошуємо на каву.**

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**During the coffee hour: “Journey to Fullness” – 20-minute series about Orthodox Faith.**

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**MENEION & SCRIPTURES (THE NATIVITY FAST).**

**Mon. 25 Nov.** Hieromartyr Clement, pope of Rome (101). Venn. Peter the Silent, of Syria  
**1 Thess. 1:1-5** **Lk. 19:37-44**

**07:00 PM** **Ecumenical Thanksgiving Service:** Trinity Memorial Lutheran Church (604 4<sup>th</sup> St., Catasauqua).

**Tue. 26 Nov.** Dedication of the Church of St. George at Kyiv (1051).  
**1 Thess. 1:6-10** **Lk. 19:45-48**

**05:00 PM** **Akathist of Thanksgiving “Glory to God for all things”**

**Wed. 27 Nov.** Great-martyr James the Persian (421). 17 Monk-martyrs in India (4th c.).  
**1 Thess. 2:1-8** **Lk. 20:1-8**

**Thu. 28 Nov.** Martyr Hirenarchus and Seven Women-martyrs at Sebaste (303).  
**1 Thess. 2:9-14** **Lk.20:9-18**

**Fri. 29 Nov.** Martyr Paramon and 370 Martyrs (250).  
**1 Thess. 2:14-19** **Lk.20:19-26**

**Sat. 30 Nov.** Holy and All-praised Apostle Andrew the First-called (62).  
**2 Cor. 8:1-5** **Lk. 12:32-40**

**04:00 PM** **GREAT VESPERS**

**Sun. 01 Dec.** **09:00 AM DIVINE LITURGY. “Journey to Fullness” series.**

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**PROPERS FOR THE LITURGY OF ST. JOHN CHRYSOSTOM**

**Tropar Resurrection, Tone 5:** Let us, the faithful, praise and worship the Word/co-eternal with the Father and the Spirit/ born for our salvation of the Virgin/ In His Good Will, He was lifted up on the Cross in the flesh/ to suffer death/ and to raise the dead/ by His glorious Resurrection.

**Tropar Feast, Tone 4:** Today is the prelude of the good will of God/ of the preaching of the salvation of mankind/ The Virgin appears in the temple of God/ in anticipation proclaiming Christ to all/Let us rejoice/ and sing to her/ Rejoice, O Fulfillment of the Creator’s dispensation.

**Tropar to St. Catherine, Tone 4:** By your virtues, as with the rays of the sun, you enlightened the pagan sages/ and like the brightest moon for those who walk at night/ you drove away the darkness of unbelief, and led the Empress to faith/ you also rebuked the tyrant, and you were called by God as His bride, O blessed Catherine/ With love you ascended to the heavenly Bridal Chamber of the most comely Bridegroom Christ/ by Whom you were crowned with a royal crown/ Now standing before Him with the Angels, pray for us who honor your holy memory.

**Kondak Resurrection, Tone 5:** You descended into Hell, my Savior/ destroying its gates as the Almighty/resurrecting the dead as Creator/ and destroying the sting of death/ You have delivered Adam from the curse, Lover of all Mankind/ Therefore, we all cry out to You, Lord, save us.

**Glory... Kondak to St. Catherine, Tone 2:** Let all those who with inspiration love the martyrs/ now form a great choir to honor the most wise Catherine/ for in the arena she proclaimed Christ and trampled the serpent/ revealing the knowledge of the orators as despicable.

**Now and ever... Kondak of the Feast, Tone 4:** The most pure Temple of the Savior/ the precious Chamber and Virgin/ the sacred Treasure of the glory of God/ is presented today to the house of the Lord/ She brings with her the grace of the Spirit/ therefore, the angels of God praise her/ "Truly this woman is the abode of heaven."

**Prokimen, Tone 5:** The Lord is my strength and my song. He has become my salvation.

**Verse:** The Lord has chastened me sorely, but He has not given me over to death.

**Prokimen, Tone 3:** My soul magnifies the Lord, and my spirit rejoices in God my Savior.

**Epistle: Galatians 6:11-18**

**Alleluia Verses, Tone 5:** I will sing of Your mercies, O Lord, forever; with my Mouth I will proclaim Your truth from generation to generation.

For You said: Mercy will be established forever; Your truth will be prepared in the heavens.

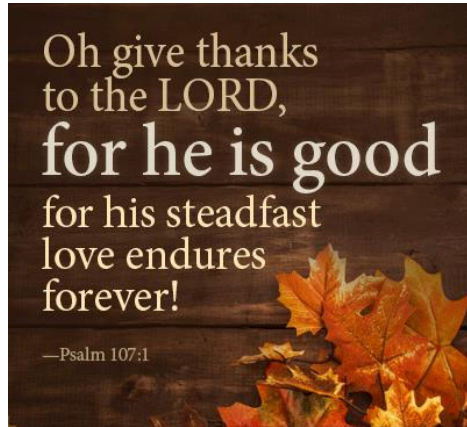
Hearken, O daughter, and see, and incline your ear.

**Gospel: Luke 13: 10-17**

**Instead of "It is right in truth...."** The angels beheld the entrance of the Pure One and were amazed/ How has the Virgin entered into the Holy of Holies?

**Irmos, Tone 4:** Since she is a living Ark of God/ let no profane hand touch the Birth- Giver of God/ But let the lips of believers unceasingly sing to her/ praising her with joy with the angel's song:/ "Truly, you are more exalted than all, O pure Virgin."

**Communion Hymn:** Praise the Lord from the heavens. Praise Him in the Highest. I will receive the cup of salvation and call on the Name of the Lord. **Alleluia (3X)**



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- **Bandurist Chorus: Ukrainian Christmas performance. Details downstairs. Transportation is provided.**

- **Pyrohy schedule:** December 5, 19. First come, first served (until we reach 250 doz.). **Please volunteer** for peeling, running, cooking/mashing, pinching and clean-up.

- **St. Nickolas is coming to our parish on December 15. Welcome all the youth to greet him!**

- **Church School.** Mrs. Mary Ost (Preschool/ Elementary) 8:55-9:20 AM. Mrs. 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 via Zoom: Pan-Orthodox at 12 PM. Meeting ID: 576 301 6482. Passcode: 238492. Tuesdays: with Fr. Demetrios at 7 PM.

Ask Fr. Oleg for the link.

**ANNIVERSARIES:**

**29 Nov...Robert & Nadda Pavlinsky**

**BIRTHDAYS:**

**28 Nov...Janet Woyewoda, Anne Marie Kroboth**

**30 Nov... Ella Misko, Robert Pavlinsky**

**МНОГАЯ ЛИТА! MANY YEARS!**

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**NECROLOGY:**

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

**24 Nov...Helen Krayowsky '63, Mary Strohl '94, Helena Szymonivka '14**

**25 Nov...Larue Strohl '92, Zoya Busch '15**

**26 Nov...Nicholas Porchyshn '24, Philemon Yaremchuk '34, Stanley Schur '60, Sophia Kowalchuk '77**

**27 Nov...Gregory Winters '12**

**30 Nov...Nathan Keiper '68**

**ВІЧНА ПАМ'ЯТЬ! MEMORY ETERNAL!**

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**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., priest Demetrius Nicoloudakis, priest Vasyl Dovgan, David Scharba, Karen Kankula, Russel Kerick, Christina Truss, Jon Hewko, Matthew Vitushinsky, Nadine Savitz, William Savitz, Nicholas Alexander, William Leszczuk, Mary Berger, Michael Szymonifka, Jessica Meashock, James Osmun, Maria Joseph, Zachary Y. Siyufy, 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, 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, Michele and Ron Moser, Benjamin Tomeo, Olena Kalichenko.

**ORTHODOX WORLD NEWS**

**Nicholas Greek Orthodox Cathedral - Bethlehem, PA.**  
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The Lehigh Valley Orthodox Clergy Brotherhood met at St Nicholas on Monday to hear updates on Chrysostom Academy's progress and plan the coming year's pan-Orthodox events. I thank God for these clergy brothers!



Archmandrite Maximos, (Roman Rudko), 41, from Lviv, consecrated Bishop of Aristi, in Holy Trinity Cathedral, Nov. 10th, in Vienna, will serve as Vicar Bishop to Metropolitan Arsenios of the Ecumenical Patriarchate's Diocese in Austria.



Holy Cross Orthodox Church, an all-English, multi-ethnic parish, was consecrated by Bishop Gerasim in the Piedmont region of North Carolina. Begun in 2005 by 25 people the parish has grown to more than 100 adult members.



President Andrzej Duda hosted a gathering at the Presidential Palace to honor the Polish Orthodox Church on its autocephaly and contributions to the nation.

Eight Ukrainian Orthodox hierarchs celebrated the Feast of the Icon "Joy of All Who Sorrow" at Holy Theophany Covent in Kremenets, Western Ukraine.

Five hierarchs of the Assembly of Orthodox Bishops of Benelux countries met in Brussels, highlighted the 1,700th anniversary of the Council of Nicea in 2025.

Nine fellow bishops joined Ecumenical Patriarch for Divine Liturgy at the Metropolitan Church of St. Demetrius in Prinkipos commemorating the late Ecumenical Patriarch Gregory VII.

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### **Key lessons of the story of the Entrance of the Mother of God into the Temple.**

**Dedication to God:** Mary's parents' dedication of her to the Temple reflects a life consecrated to God. It teaches the importance of dedicating our lives to God from an early age.

**Purity and Preparation:** Mary's time in the Temple symbolizes a period of spiritual preparation and purity. It reminds believers of the need for inner purification and readiness to serve God.

**Obedience and Trust:** Joachim and Anna's obedience to God's will and their trust in His promises are key themes. It encourages believers to be obedient and trust in God's plans, even when they do not fully understand them.

**Taking Our Blessings for Granted.** A story is told of Abraham Lincoln. One day the President summoned to the White House a surgeon in the Army of the Cumberland from the state of Ohio. The major assumed that he was to be commended for some exceptional work. During the conversation Mr. Lincoln asked the major about his widowed mother. She is doing fine, he responded. How do you know asked Lincoln. You haven't written her. But she has written me. She thinks that you are dead and she is asking that a special effort be made to return your body. At that the Commander and Chief placed a pen in the young doctor's hand and ordered him to write a letter letting his mother know that he was alive and well.

Oh, the blessings that we take for granted. Oh, the wretchedness of ingratitude. It was Shakespeare who worded it more appropriately than ever we could. He wrote: Blow blow thou winter wind. Thou art not so unkind as man's ingratitude.

**What can we learn from today's Gospel?** Luke 13:10-17 recounts Jesus healing a woman who had been crippled for eighteen years on the Sabbath. From an Orthodox Christian perspective, several important lessons can be drawn from this passage:

**Compassion over Ritual:** Jesus' action highlights the priority of compassion and mercy over strict adherence to ritual laws. He emphasizes the importance of caring for others, even if it means breaking conventional norms.

**Sabbath's True Purpose:** The healing illustrates the true purpose of the Sabbath — a day for liberation and restoration, aligning with God's intention for human flourishing and well-being.

**Confronting Hypocrisy:** Jesus confronts the hypocrisy of the religious leaders who criticized Him for healing on the Sabbath. This teaches us to avoid legalism and to focus on the spirit of the law, which is love and mercy.

**Faith and Healing:** The woman's healing is a testament to the power of faith and the transformative power of Christ's touch in our lives.

In essence, this passage calls believers to embrace compassion, challenge hypocrisy, and understand the deeper purpose of religious practices. How does this resonate with you today?

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Holy light on Earth's horizon, Star of hope to fallen man,

Light amid a world of shadows, Dawn of God's redemptive plan.

Chosen from eternal ages, Thou alone of all our race

By thy Son's atoning merits Was conceived in perfect grace.  
Mother of the world's Redeemer Promised from the dawn of time;  
Never could one so highly favored Share the guilt of Adam's crime.  
Sun and moon and stars adorn thee, Sinless Eve, triumphant sign;  
Thou art she who crushed the serpent, Mary, pledge of life divine.

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### **The Nativity Fast guide.**

**Purpose of the Fast.** The Nativity Fast is a time for spiritual renewal, repentance, and preparation to joyfully celebrate Christ's birth. The fast involves not only abstaining from certain foods but also deepening prayer, reading Scripture, participating in church services, and performing acts of charity.

**General Rules of the Nativity Fast. Foods to Avoid:** Meat: Including beef, pork, poultry, and other animal flesh. Dairy Products: Milk, cheese, butter, yogurt, etc. Eggs: All forms of eggs and dishes containing them. Wine and Oil: Restricted on certain days of the fast.

**Permitted Foods:** Fruits and Vegetables: Fresh, cooked, or preserved. Legumes: Lentils, beans, chickpeas, etc. Grains: Rice, wheat, oats, etc. Seafood: Shellfish (like shrimp, crab, and lobster) is permitted on strict fast days; fish with backbones is allowed on certain feast days. Nuts and Seeds.

**Daily Fasting Guidelines.** The fasting discipline varies by the day of the week and particular feasts that occur during the fast: Weekdays (Monday to Friday): Strict fasting with no meat, dairy, fish, wine, or oil. Meals are typically simple and without excess.

Saturdays and Sundays: Wine and oil are usually permitted. Fish is allowed on Saturdays and Sundays until December 20.

Feast Days: Fish, wine, and oil are allowed on major feast days during the fast, such as the Entrance of the Theotokos into the Temple (November 21).

Last Week of the Fast (December 20-24): Stricter fasting is observed with no fish, wine, or oil, except when liturgical guidelines specify otherwise.

**Spiritual Practices During the Fast.** Prayer: Increase your personal and communal prayer life. Attend services such as the Divine Liturgy, Vespers, etc. Scripture Reading: Focus on the Gospels and readings related to the Nativity. Confession and Communion: Many faithful use this period to go to confession and prepare for Holy Communion.

Charity: Engage in acts of kindness and generosity, helping those in need.

Self-Examination: Reflect on your spiritual life and seek to grow closer to Christ.

**Tips for Fasting Correctly.** Consult Your Priest: Fasting practices can be tailored to your personal health and spiritual circumstances. Speak with your spiritual father for guidance.

Start Gradually: If you are new to fasting, begin with small steps and gradually adhere to the full fast.

Focus on the Spirit: Remember that fasting is not merely dietary but aims to foster spiritual growth. Avoid judging others who may fast differently.

Be Consistent: Strive for regularity in fasting, prayer, and other spiritual disciplines.

The Nativity Fast is an opportunity to deepen your relationship with Christ and prepare your heart to receive Him with joy. "Fasting and prayer are two wings on which our spirit soars" (St. John Chrysostom).

But in this he errs, that he thinks those things good which are indifferent. For there are some things good, some evil, some between the two. The good are chastity, and humility, and the like, which when a man chooses he becomes good. But opposed to these are the evil, which when a man chooses he becomes

bad; and there are the neutral, as riches, which at one time indeed are directed to good, as to almsgiving, at other times to evil, as to covetousness. And in like manner poverty at one time leads to blasphemy, at another to wisdom, according to the disposition of the user. (Chrysostom)

It is true that a man's life does not come from his possessions or from have an overabundance of them. He is who is rich toward God is very blessed and has glorious hope. Who is he? Evidently, one who does not love wealth but instead loves virtue, and to whom few things are sufficient (see Luke 10:42). It is one whose hand is open to the needs of those in poverty, according to his means and the utmost of his ability. He gathers in the storehouses that are above and lays up treasures in heaven. Such a man will find the interest of his virtue and the reward of his right and blameless life.

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### **Additions in Ukrainian**

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**Недільне Євангеліє:** 10 В одній із синагог Він навчав у суботу. 11 Там була жінка, що мала духа немочі років вісімнадцять: вона була скорчена і ніяк не могла випростатись. 12 Ісус, побачивши її, покликав і сказав їй: жінко, ти звільнена від твоєї недуги. 13 І поклав на неї руки; і вона зараз же випросталась і почала славити Бога. 14 При цьому начальник синагоги, обурюючись, що Ісус зцілив її в суботу, сказав народові: є шість днів, в які дозволено робити; в ті і приходьте зцілятися, а не в день суботній. 15 Господь сказав йому у відповідь: лицеміре, чи не відв'язує кожний з вас у суботу вола свого або осла від ясел і не веде напувати? 16 А цю дочку Авраамову, яку зв'язав сатана ось уже вісімнадцятий рік, чи не належало визволити від цих пут у день суботній? 17 І коли Він говорив це, усі, що противилися Йому, засоромились; і всі люди раділи всім славним ділам Його.