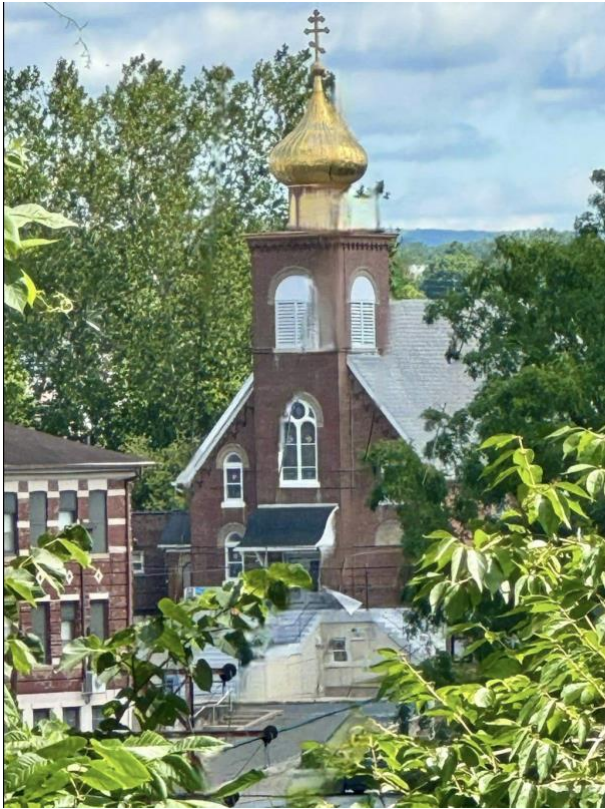


ASSUMPTION OF THE VIRGIN MARY UKRAINIAN ORTHODOX CHURCH
ECUMENICAL PATRIARCHATE OF CONSTANTINOPLE AND NEW ROME



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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>

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

Sun. 08 Dec. 24th SUNDAY after PENTECOST. Tone 7. Ven. PATAPIUS of Thebes. Holy Apostles of the 70: SOSTHENES, APOLLOS, CEPHAS,
Ephesians 2: 14-22 Luke 17: 12-19

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

MENEION & SCRIPTURES (THE NATIVITY FAST).

Mon. 09 Dec. The Conception by St. Anna of the Most Holy Theotokos. Prophetess Anna.
1 Thess. 1:1-10 Mk. 8:11-21

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

Tue. 10 Dec. Martyrs Menas, Hermogenes, and Eugegraphus (310). Martyr Gemellus.
1 Thess. 1:10–2:2 Mk. 8:22-26

06:30 PM MOLEBEN FOR PEACE IN UKRAINE (ST. JOHN THE BAPTIST, NORTHAMPTON).

Wed. 11 Dec. Ven. Daniel the Stylite of Constantinople (490). Martyr Mirax of Egypt.
2 Thess. 2:1-12 Mk. 8:30-34

Thu. 12 Dec. St. Spyridon the Wonderworker of Tremithon (348).
2 Thess. 2:13 – 3:5 Mk. 9:10-16

Fri. 13 Dec. Virgin-martyr Lucy (304). Ven. Arsenius (8-10th c.).
2 Thess. 3:6-18 Mk. 9:33-41

Sat. 14 Dec. Martyrs Apollonius, Philemon, Arianus, and Theoctychus of Alexandria.
Gal. 1:3-10 Lk. 14:1-11

01:00 PM UOL FELLOWSHIP IN BETHLEHEM. DETAILS DOWNSTAIRS.

04:00 PM GREAT VESPERS.

Sun. 15 Dec. 09:00 AM DIVINE LITURGY. "Journey to Fullness" series.

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

PROPERS FOR THE LITURGY OF ST. JOHN CHRYSOSTOM

Tropar of the Resurrection, Tone 7: By Your Cross, You destroyed Death/ To the Thief, You opened Paradise/ For the Myrrh-bearers, You changed weeping into joy/ Christ God, You commanded Your disciples to proclaim that You are 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.

Tropar to Venerable Patapius of Thebes, Tone 3: In following your divine calling from your youth, you shone forth upon the world with the gift of your ascetical labors/ And as one made glorious by the grace

of dispassion/ you healed diverse passions/ O Venerable Father Patapius/ entreat Christ God to grant us great mercy.

Kondak of the Resurrection, Tone 7: The dominion of death can no longer hold men captive/ for Christ descended, shattering and destroying its powers/ Hell is bound, while the Prophets rejoice and cry:/ “The Savior has come to those in faith/ enter you faithful into the Resurrection.”

Glory... Kondak to Ven. Patapius, Tone 3: Finding your temple to be a place of spiritual healing/ people flocked to it eagerly, O Saint/ They seek to be healed of their diseases and to receive the remission of sins/ which they committed during their lives/ for you are seen as a protector of all those in need/ O Venerable Patapius.

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 One/ Who dwelt within her ever-virginal womb.

Prokimen of the Resurrection, Tone 7: The Lord shall give strength to His people/ The Lord shall bless His people with peace.

Verse: Offer to the Lord, O you sons of God.
Offer young rams to the Lord.

Epistle: Ephesians 2: 14-22

Alleluia Verses, Tone 7: It is good to give thanks to the Lord, to sing praises to Your Name, O Most High.

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

Gospel: Luke 17: 12-19

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



-Christmas Concert. St. Nicholas OCA. Sun., Dec. 15, 3:30 PM. 980 Bridle Path Road, Bethlehem.

- **Pyrohy schedule:** December 19. 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 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.

BIRTHDAYS:

09 Dec...Isabelle Sawarynski

12 Dec...Samuel Scioscia, Maria Sawarynski, Jennifer Grason

МНОГАЯ ЛИТА! MANY YEARS!

NECROLOGY:

Ukrainian civilians and soldiers, killed in the Russian invasion.

Newly departed Michael Kerick

08 Dec...Anna Broda '49

10 Dec...Charles Schmall '62, Anna Kochenash '08

11 Dec...Anna Lukar '21, Pauline Dumiak (infant) '26

12 Dec...Marta Stadnyk '98, Anastasiya Paraskiva '96

14 Dec...Peter Sawka '49

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., priest Demetrius Nicoloudakis, priest Vasyl Dovgan, David Scharba, Martha Dowling, Michael Szymonifka Karen 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, 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.

Ephesians 2:19-22 reflections. Unity in Christ. This passage highlights the idea of unity among all believers in Christ. In the Orthodox tradition, the Church is viewed as the Body of Christ, transcending ethnic, cultural, and historical divisions. Those who were once "strangers and foreigners" are now part of God's family, signifying the universal nature of salvation through Christ.

The Foundation of the Apostles and Prophets. The Church's foundation is firmly rooted in the teachings and witness of the apostles and prophets, with Christ as the "chief cornerstone." For Orthodox Christians, this underscores the importance of apostolic tradition and continuity in faith. The Church's life is seen as a continuation of the faith handed down by the apostles, safeguarded by the Holy Spirit.

Christ as the Cornerstone

Christ being the cornerstone means He is central to the Church's existence and growth. The Orthodox liturgical and theological focus is deeply Christocentric. All sacraments, teachings, and worship point to Christ as the foundation of the believer's life and the Church's unity.

The Church as a Living Temple

The "holy temple" and "dwelling place of God in the Spirit" represent the Church not as a physical building but as the community of believers united in Christ. The Orthodox perspective views each member of the Church as a living stone being built into this spiritual temple. Through the sacraments, especially the Eucharist, believers are united with Christ and with one another, becoming the dwelling place of God.

The Work of the Holy Spirit

The Holy Spirit plays a vital role in uniting believers and sanctifying the Church. The Orthodox Church emphasizes the transformative work of the Holy Spirit in making the Church a holy temple and in empowering each believer to grow in holiness.

Gratitude Returned to Paderewski. here were two boys working their way through Leland Stanford University. Their funds got low and the idea came to one of them to engage Paderewski for a piano recital, and devote the profits to their board and tuition. The pianist's manager asked for a guarantee of \$2,000.00. The boys proceeded to stage the concert, but the proceeds totaled only \$1600.00 after the concert. The boys approached the great artist and told him of their efforts. They then gave him the entire \$1600.00 and a promissory note for \$400.00, explaining that they would earn the remaining amount as soon as they could. "No, boys, that won't do," Paderewski said.

Then, tearing up the note before them, he returned the money to the boys and said, "Now take out all your expenses from the \$1600.00, and keep 10% of the balance for your work, and let me have the rest."

Years rolled by!

The war came, and Paderewski was striving with might and main to feed the thousands of his beloved fellow countryman in Poland. There was only one man in the world who could help Paderewski. Sure enough, soon thousands of tons of food began to come into Poland for distribution by the Premier. After the starving people were fed, Paderewski journeyed to Paris to thank Herbert Hoover for the relief that he had sent.

"That's alright, Mr. Paderewski," was Mr. Hoover's reply. "Besides, you don't remember how you helped me once when I was a student in college, and I was in a hole." I wanted an occasion to thank you and you gave it to me.

ORTHODOX WORLD NEWS



In Kwethluk, Alaska relics of Matushka Olga (+1979) were uncovered led by Bishop Alexei of Sitka in preparation for her glorification in June of 2025.

Centennial celebrations of Polish Orthodox autocephaly concluded in Warsaw's new Hagia Sophia Cathedral November 24th with Divine Liturgy led by Metropolitan Sava and nine Bishops of the Holy

Synod.

St. Paisiy Velychkovsky, Patron saint of Poltava, was commemorated at the Church of the Dormition, November 15th, by Metropolitan Epiphaniy.

A three-story Church of St. Demetrios was built in 355 days on the site of the church destroyed by the godless Soviets in 1934 in Nizhny Olshanets.

Patriarch Theodore II of Africa made a pastoral visit to the Orthodox Church of Zimbabwe visiting the Missionary Center of St. Seraphim in Harare and then Nov. 28th he arrived in South Africa visiting the Orthodox Center of Love and Care for orphaned and abused children.

Metropolitan Epiphaniy served the Divine Liturgy in St. Catherine's Cathedral in Chernihiv on the Great Martyr's Feast Day.



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.

Additions in Ukrainian

Недільне Євангеліє: 12 І коли входив Він в одне село, зустріли Його десять чоловік прокажених, які зупинилися віддалік. 13 І вони гучним голосом говорили: Ісусе, Наставнику, помилуй нас. 14 Побачивши їх, Він сказав їм: підіть покажіться священикам. І коли вони йшли, очистилися. 15 Один же з них, побачивши, що зцілювся, повернувся, гучним голосом прославляючи Бога, 16 і припав лицем до ніг Його, віддаючи Йому хвалу; і це був самарянин. 17 Тоді Ісус сказав: чи не десять очистилися? Де ж дев'ять? 18 Чому вони не повернулися віддати славу Богові, тільки іноплемянник цей? 19 І сказав йому: встань, іди; віра твоя спасла тебе.
