

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



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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.

Welcome to contribute articles or pictures to the bulletin. Let's make bulletins together! :-

Follow us on Facebook: <https://www.facebook.com/avmuocoftheusa>

Let's pray for peace in Ukraine

Молімось за мир в Україні



Christ is Among us! He is and always will be!

Христос Посеред Нас! Є І Буде!

Let's pray for peace in Ukraine

Молімось за мир в Україні

Sun. 24 Dec. FAST (11 Dec.) 29th SUNDAY after PENTECOST. HOLY FOREFATHERS. TONE 4. Ven. DANIEL the Stylite of Constantinople (490) Martyr MIRAX of Egypt (640) Martyrs ACEPSIUS & AEITHALAS in Assyria. Ven LUKE the New Stylite of Chalcedon (979) Ven. NICON the Dry of the Kyiv Caves (1101)

Reading: Colossians 3: 4-11

Gospel: Luke 14: 16-24

During the coffee hour: Cookie decoration workshop

BULLETIN IS SPONSORED BY READER DARRYL MEASHOCK IN MEMORY OF HIS BROTHER DAVID KUBA, HIS MOTHER ANNA AND HIS AUNT HELEN.

LITURGICAL MENEION & SCRIPTURE READINGS (NATIVITY ADVENT)

JOY
LOVE
PEACE
BELIEVE



Mon. 25 Dec. (Fast) St. Spyridon the Wonderworker of Tremithon (348).

Heb. 8:7-13

Mk. 8:11-21

Tue. 26 Dec. (Fast) Virgin-martyr Lucy (304). Ven. Arsenius (8-10th c.).

Heb. 9:8-10, 15-23 Mk. 8:22-26

06:30 PM MOLEBEN FOR UKRAINE (St. John Baptist, Northampton)

Wed. 27 Dec. (Fast) Martyrs Apollonius.

Heb. 10:1-18 Mk. 8:30-34

Thu. 28 Dec. (Fast) Ven. Paul of Mt. Latros (956). Martyr Eleutherius

Heb. 10:35-11:7 Mk. 9:10-16

12:30 PM SIGHT AND SOUND THEATER TRIP. MEETING FOR CARPOOL NEAR CHURCH

Fri. 29 Dec. (Fast) Prophet Haggai (Aggaeus) (500 B.C.). Martyr Marinus of Rome (283).

Heb. 11:8, 11-16 Mk. 9:33-41

Sat. 30 Dec. (Fast) Holy Prophet Daniel (600 B.C.) and the Three Holy Youths.

Eph. 5:1-8 Lk. 14:1-11

05:00 PM GREAT VESPERS

Sun. 31 Dec. (Fast) ***09:00 AM DIVINE LITURGY.***

PROPERS FOR THE LITURGY OF ST. JOHN CHRYSOSTOM

Tropar 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 Holy Forefathers, T. 2: Through faith You justified the Forefathers forming through them the Church of all nations. These saints exult in glory, for from their seed came a Blessed Fruit: She whom You bore without seed, Christ our God; By their prayers save our souls.

Glory... Kondak Holy Forefathers Tone 6: Thrice Blessed Ones, you did not worship the man made image, but armed with the invisible power of God, You were glorified in a trial by fire. From the midst of unbearable flames You called God crying: Hasten, Compassionate One. Come quickly to our defense, for You are merciful and able to accomplish all that You will.

Prokimen of the Song of the Three Children, 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 accomplished for us.

Reading: Colossians 3:4-11

Alleluia Verses, Tone 4. Moses and Aaron are among His priests and Samuel among those who call upon His Name.

Verse: They called upon the Lord and He answered them.

Gospel: Luke 14:16-24

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)**

Please consider donating to Project Isaiah 44 – Wells in Africa, which our Dean Father Robert presented to us last week. Details are in a flier. The box is on a table near main entrance.

Please pick up the envelopes and calendars on the hockey table downstairs.

- **Many Blessed years to Michael Baird who is joining the Orthodoxy today!**
- **Welcome to the Parish Holy Supper. Saturday, January 6, 2024, 4:30 PM. Everyone is welcome. The sign-up list is downstairs.**
- **Thanks to all who organized coffee hours in October, November and December: Unger family, K. Kuchinos, Ost family, Karen Kankula, Hnatow family, Zurat family, Vitushinsky family, Olexksandra Garnago, Pani Olha, Barbara Baird.**
- **UOL essay contest: topics are on the board at hall. Let's participate.**
- **Please consider donating to Project Isaiah 44 – Wells in Africa, which our Dean Father Robert presented to us last week. Details are in a flyer. The box is on a table near main entrance.**
- **Please pick up the envelopes and calendars on the hockey table downstairs.**
- **\$100.00 donation in Terry Pypiuk's memory from Stanley Scioscia donated. Thank you.**
- **Please bring new warm clothing. It will be donated to the needy people in Ukraine.**
- **Pyrohy schedule: January 25. First come, first served(until we reach 300 doz.). Please volunteer for peeling, running, cooking/mashing, pinching and clean-up.**
- **Wine tasting.** January 13, 6:00 – 9:00 PM in the church hall. Donation \$40. Welcome.
- **Church School is every Sunday:** Mrs. Mary Ost (Preschool/ Elementary) 8:55-9:20 AM. Mrs. Karen Osmun (Secondary) at 8:45-9:15 AM. **Welcome all children and youth.**
- **For Food Bank:** baby foods, canned potatoes, and meats, tuna, pasta, sauces, mac. & cheese.
- **Virtual Bible Study Day** - every Wednesday via Zoom: №1 Pan-Orthodox at 12 PM. Meeting ID: 576 301 6482. Passcode: 238492. №2 with a professor of Saint Sophia Seminary, Fr. Demetrios at 7 PM. Ask Fr. Oleg for the link.

BIRTHDAYS:

23 Dec...James Mckeown

24 Dec...Michael Hnatow

26 Dec...Mary Ost, Sylvia Petro, Amanda Pypiuk

27 Dec...Linda Vitushinsky

MHOГAJЯ JITA! MANY YEARS!

NECROLOGY: Ukrainian civilians and soldiers, killed in the Russian invasion.

24 Dec...George Zaoba '27, Adomer Deicz '48, Aksenty Hewko '53, Marcella Zyrebecky '76, David Kuba '21

25 Dec...Anna Yacur '85, Mary Stupcyrski '95, Anna Voronkevich '97 Anna Meashock '97, Helen Meashock '06

27 Dec...Tessie Zaworskey '97

28 Dec...Josephine Peters '82

29 Dec...Eustachij Pshebyla '22, Martha Zaharuyko '60, Priest Gregory Pypiuk '62

30 Dec...Katherine Yeremko '28, James W.S. Osmun '91

ВІЧНА ПАМ'ЯТЬ! MEMORY ETERNAL!

PRAYER FOR THE HEALTH & SALVATION OF THE AFFLICTED: Ukrainian soldiers and civilians, wounded during the Russian aggression, His Eminence Archbishop Daniel, Father James Norton, Paul Kochenash, Helen Crayosky, Barbara Grason, Rosemarie Pypiuk, priest Demetrius Nicoloudakis, priest Vasyl Dovgan, Jon Hewko, Matthew Vitushinsky, Nadine Savitz, William Savitz, Nicholas Alexander, Vladimir Krasnopera, Tom Petro Jr., William Leszczuk, Mary Berger, Jessica Meashock, James Osmun, Zachary Y. Siyufy, Ruslana Reznik, Lubov Slonova, Raisa Melnychuk, Vasyl Beizyn, 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 Jr.



ORTHODOXY AROUND THE WORLD

Hieromonk Benedict (Churchill) was consecrated by several hierarchs of the Orthodox Church of America as the new Bishop of Hartford, Conn. & New England in the Boston Cathedral of the Holy Trinity.



Divine Liturgy was celebrated at the Basilica of St. Nicholas in Myra, Lycia (Turkey) by His All Holiness Ecumenical Patriarch Bartholomew.



Five new crosses for the Dome of the 1,000 year old Orthodox shrine, St. Sophia's of Kyiv, were blessed by Metropolitan Epiphaniy.

Metropolitan Dimitri baptized 182 people in Morogoro, Tanzania at St. Arsenios Church, including numerous former Muslims making it over 60,000 whom he has baptized since 2004.



Monk Parthenios, son of the first native Tanzanian Orthodox priest, was ordained a deacon by Bishop Nikoforos, Abbot of the Vlatadon Monastery in Thessaloniki, will return to serve in Arusha, Tanzania.



NEW YEAR'S RESOLUTIONS FOR CHRISTIANS

It's that time again. Time to make your New Year's Resolution(s). Unfortunately, far too many of us give up on them within the first couple weeks of the year, and we continue on the same path as before. That is because we have forgotten what a resolution truly is. A resolution is a commitment, which we should never undertake lightly. As the Scripture tells us, "let your yes be yes, and your no be no, for whatever is more than these is from the evil one" (Matthew 5:37).

When we fail in these commitments we make, that does not mean we should drop them altogether. Instead, we should renew them, by dusting ourselves off and getting back up to try again. If our yes is yes, then we cannot make it a no just because we slip up!

- 1. Take care of your body.** Remember that as Orthodox Christians we are human beings with a mind, soul, and body, all of which need care and attention. Our bodies are temples of the Holy Spirit. As such, we must always keep them as healthy as we are able. Nourish your body with healthy foods, adequate exercise, and restful sleep. Seek treatment from chiropractors, doctors, and specialists when necessary. And if you have specific goals in mind here, those are just as worthy of your commitment as any spiritual resolutions you might make this year.
- 2. Pray every day.** Prayer is essential to our spiritual lives as Orthodox Christians. If we hope to cultivate a life of prayer, we need to start somewhere. Even if this means simply praying the Lord's Prayer three times a day, or saying evening prayers before you go to bed. Take time to be with the Lord, to communicate with Him in peace and silence. Try not to bite off more than you can chew here, otherwise you are more likely to fail early and fall into despondency.
- 3. Attend liturgy every week.** On average, only 27% of Orthodox Christians in the United States come to church on a weekly basis. (Keep in mind, the statistics we link to are drawn from Orthodox Christians actually involved in parish life, not just anyone ever baptized Orthodox). While some of these miss for legitimate reasons, most do not. We must remember that the Church is not a religious ethnic club. It is a hospital for the sick. And when we refuse to go to the hospital when we are sick, we put ourselves in danger of perishing. So if you are not going to services weekly, you need to start doing so to the best of your ability. And if you are already attending weekly, try adding another service per week, if a nearby parish offers them.
- 4. Read scriptures every day.** At Scriptures, we hear the Lord Himself speaking to us. So, each day, try to make an effort to read a portion of the Bible. Some people endeavor to read the Bible

from cover to cover within a calendar year, while others follow the Church's daily readings calendar. Whatever way you choose to incorporate the Scriptures into your day, make the time to contemplate the passages you read and let God speak to you through His Word.

5. Be still. Consider adding some moments of stillness to your day. Find a place where you can be alone with the Lord and simply be still and know that He is God (Psalm 46:10). You will be amazed at how much peace this can bring, even if you start with one or two minutes a day.

6. Invite someone to church. Many Orthodox parishes in the United States are currently experiencing a decline not only in attendance, but in overall Church membership. The principal reason for this is only 2% of church members actively invite someone to come to church with them. If we truly believe that we have seen the True Light, that we have received the Heavenly Spirit and have found the True Faith, why are we keeping it all to ourselves? Think of one person in your life who isn't in church and make him or her a spiritual priority this year. Pray for this person every day. When the time is right, invite them to church with you.

7. Visit a monastery. An important thing to remember is that monasteries aren't just for monks and nuns. They are for all of us. So, visit a monastery. Pray with them and enjoy the tranquility of the atmosphere. Recharge yourself spiritually and head back out into the world, prepared and rejuvenated. Monasteries are spiritual havens in our fallen world, filled with people who have proven it is possible to live a truly Christian life. They can be quite inspirational, and can fill you with a profound sense of purpose and peace.

8. Expand your knowledge of the faith. Theology is not just for our clergy; it is for all of us. There are many different spiritual books you can read to learn more about the Orthodox Faith. Find one of interest to you, or start with a book that covers the basics, like *Know the Faith* by Michael Shanbour. Our faith is so rich, so deep, that you could spend your entire life reading books about it and you would still have more to learn when you were finished! Another way to expand your knowledge of the Faith is to attend adult education classes or Bible studies at your parish, another parish or online.

9. Tithe. It means giving 10% of your income to God. This may sound like a lot, but tithing is normal for many Christians in the United States. To make a positive impact at your parish, tithe of your income. When setting up your budget for the month, put aside the first 10% for God. Instead of spending your money on coffee or cable TV or eating at restaurants, set it aside and give it back to God. As a small thanks for everything that He has blessed you with. You will be amazed at how good this makes you feel, even if it hurts at first to give that money away.

10. Go to confession. As sinners, we need to confront our sins and strive to change. And in order to have the strength to change, to work toward holiness, we must receive God's forgiveness through absolution in Holy Confession. But many Orthodox Christians only go to Confession once or twice a year. Some never go at all. This year, commit to going at least once during each fasting period of the year (Great Lent, the Apostles' Fast, the Dormition Fast, and the Nativity Fast). Prepare yourself properly, so you can make the most of that time you spend before God, confessing your sins and receive healing gifts of forgiveness from God Himself.

11. Keep a gratitude journal. Instead of complaining, we need to learn to be grateful for the blessings God has bestowed on us. And one of the best ways to foster this gratefulness is by

starting a journal. Every night at the close of your prayers, reflect on the things you are grateful for that day and write them down.

12. Forgive, and ask for forgiveness, daily. In order to receive forgiveness from God, we need to forgive those who have sinned against us. And we also need to ask forgiveness of those whom we have hurt. This can be difficult to do, depending on what we have done or what others have done to us. But our Lord tells us we must forgive others if we expect our Heavenly Father to forgive us (Matthew 6:15). This year, work on forgiving others and yourself.

Take things one day at a time. The important thing to remember before committing to a resolution is to take things one day at a time. We are imperfect people who are called into a relationship with a perfect God. And it is He who can give us the strength we need to get through each day. There will be days you don't stick to your resolution. Days that you miss the mark or fall short. But you can now accept that you weren't perfect today. And with God's strength, you can renew your commitment and try again tomorrow. (saintjohnchurch.org)

Євангеліє: Луки 14:16-24. 6 Він же сказав йому: один чоловік справляв велику вечерю і запросив багатьох. 17 І коли настав час вечері, послав раба свого сказати запрошеним: ідіть, бо все вже готове. 18 І почали всі, ніби змовившись, вибачатися. Перший сказав йому: я купив землю і мені треба піти і оглянути її; прошу тебе, вибач мені. 19 Другий сказав: я купив п'ять пар волів та йду випробувати їх; прошу тебе, вибач мені. 20 Третій сказав: я одружився і через те не можу прийти. 21 І, повернувшись, раб той розповів про це господареві своєму. Тоді, розгнівавшись, господар сказав рабові своєму: піди швидше на вулиці й провулки міста і приведи сюди вбогих, калік, сліпих і кривих. 22 І сказав раб: господарю, зроблено, як ти велів, і ще є місце. 23 Господар сказав рабові: піди на дороги і загороди і умовляй прийти, щоб наповнився дім мій. 24 Бо кажу вам, що ніхто з тих запрошених не покуштує моєї вечері, бо багато званих, та мало обраних.

