

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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Слава Ісусу Христу! Навіки Слава! Glory to Jesus Christ! Glory Forever!

Let's pray for peace in Ukraine

Молімось за мир в Україні

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Questions about Fasting? Click [here](#) to read "Holy Orthodox Church: The Great Lent Ultimate Fasting Guide"

Sun. 31 Mar. (18 Mar.) SECOND SUNDAY of the GREAT FAST. GREGORY PALAMAS, Archbishop of Thessalonica. Tone 2. Archbishop CYRIL of Jerusalem (386) Martyrs TROPHIMUS & EUCARPUS of Nicomedia (300) Presbyter & Monk ANINAS of the Euphrates. Synaxis of the Saints of the Caves.

Hebrews 1:10:2:3 & Hebrews 7:26-8:2. Mark 2:1-12 & John 10:9-16

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IN MEMORY OF ALLAN BACH.

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Liturgical Meneion & Scripture Readings (GREAT LENT)

Mon. 01 Apr. Martyrs Chrysanthus and Daria.  
Is. 8:13-9:7 Gen. 6:9-22 Prov. 8:1-21

Tue. 02 Apr. The Holy Fathers who were slain at the Monastery of St. Sabbas.  
Is. 9:9-10:4 Gen. 7:1-5 Prov. 8:32-9:11

6:30 PM MOLEBEN FOR UKRAINE (Holy Ghost, Easton)

Wed. 03 Apr. St. Thomas, patriarch of Constantinople (610).  
Is. 10:12-20 Gen. 7:6-9 Prov. 9:12-18

Thu. 04 Apr. Martyr Drosida (Drosis) of Antioch, and five virgins (104).  
Is. 11:10-12:2 Gen. 7:11-8:3 Prov. 10:1-22

5:00 PM AKATHIST OF THANKSGIVING TO GOD

Fri. 05 Apr. Martyrs Philetas the Senator, his wife Lydia, their sons.  
Is. 13:2-13 Gen. 8:4-21 Prov. 10:31-11:12

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. 06 Apr. Ven. Zacharias the Recluse of Egypt (4th c.).  
Heb. 10:32-38 Mk. 2:14-17

Sun. 07 Apr. THE ANNUNCIATION OF THE THEOTOKOS.  
9:00 AM DIVINE LITURGY of St. Basil the Great.

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-Lenten Retreat. Focus on Confession. Speakers: Metropolitan Antony and Fr. Antony Perkins. April 6. Details and prices are on the whiteboard downstairs. Let Fr. Oleg know if you want to come. We will organize transportation. All services that day are cancelled.

- Thank you all who volunteered for the Coffee Hour in January, February and March: Ost family, Margaret Leindecker, Oksana Semenowych, Vitushinsky family, Lesya Semenowych, Pani Olha, Zurat family, Misko family, Unger family. Please volunteer.

- Easter flower orders are due April 14. Please make your check to Sisterhood of Faith, Hope, and Love.

-Great Lent fundraiser: we collect Baby/Mommy Items for the Houses for pregnant women in need (Bethlehem, Allentown). 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.

-Purchase a kit to embroider a pocket "protection cross" for our Ukrainian soldiers. The Protection Cross is kept in the pocket to protect our heroes. Protection crosses will be mailed to soldiers in Ukraine with notes of support. \$5 for each kit includes cloth, threads, needle and design. All funds collected are used to support Ukraine. To order a kit please contact 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.

-Kowalonek's kielbasy sampler for Paschal basket. \$20 each. Take a flyer downstairs.

- Pyrohy schedule: April 11, 25, May 9, 23. 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: №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.

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BIRTHDAYS:           03 Apr...Walter Seremula

06 Apr...David Dworakivsky

МНОГАЯ ЛІТА! MANY YEARS!

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

01 Apr...Serhiy Kutas '70, Frank Haas '04, Gnat Rud '80

03 Apr...Florene Andrus '53

04 Apr...Anna Wagel '72

05 Apr...Michael Mizhak '22, Katherine Korutz '45

Apr...Anna Fanok '69, Olga Tripolone '08

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, His Eminence Metropolitan Antony, Vladimir Krasnopera, Barbara Grason, Paul Kochenash, Helen Crayosky, Rosemarie Pypiuk, priest Demetrius Nicoloudakis, priest Vasyl Dovgan, Karen Kankula, Walter Seremula, Russel Kerick, 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, 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.

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

Tropar of the Resurrection, Tone 2: When You, descended to death, O Life Immortal/ You slew Hell with the splendor of Your Godhead/ And when from the depths You raised the dead, all the powers of Heaven cried out/ "Giver of Life, Christ our God, 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.

Tropar to St. Gregory, Tone 2: Light of Orthodoxy, support and teacher of the Church/ glory of monks and invincible champion of theologians/ O Gregory the Wonderworker, pride of Thessalonica and preacher of grace/ pray without ceasing/ for the salvation of our souls.

Kondak of the Triodion, Tone 4: The season of good action has now been revealed/ and judgment is at the doors/ Let us rise, keeping the fast/ offering tears of compunction with almsgiving/ crying out:/ we have sinned more than the sands of the sea/ Forgive us Creator of all/ so that we may receive the incorruptible crowns.

Glory... Kondak to the Hierarch, Tone 8: Holy and divine organ of wisdom and joyful trumpet of theology/ we chant your praises in harmony divinely inspired Gregory/ But as a mind standing before the Primordial Mind.\ guide our mind to Him, O Father/ that we may cry: Rejoice, preacher of grace.

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.

First Prokimen of the Triodion, Tone 5: You, O Lord, shall protect us and preserve us from this generation forever.

Verse: O Lord, save me for there is no longer any righteous man.

Second Prokimen to the Hierarch, Tone 1: My mouth shall speak of wisdom and the meditation of my heart shall bring forth understanding.

Epistles: Hebrews 1:10-2:3 & Hebrews 7:26-8:2

Alleluia Verses, Tone 5: May the Lord answer you in the day of trouble. May the Name of the God of Jacob protect you.

Lord, I will chant of Your mercies forever. With my mouth I will proclaim Your truth from generation to generation.

You have said: Mercy will be built up forever. Your Truth will be established in the Heavens.

Gospels: Mark 2:1-12 & John 10:9-16

In Place 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 Lord from the heavens. Praise Him in the Highest. The righteous shall be in everlasting remembrance; he shall not fer any evil report. Alleluia (3X)

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**The new Julian calendar "pushes back" all dates by 13 days. This means that the dates of important church holidays will now be as follows:**

The Nativity of the Blessed Virgin Mary - September 8 (instead of September 21);

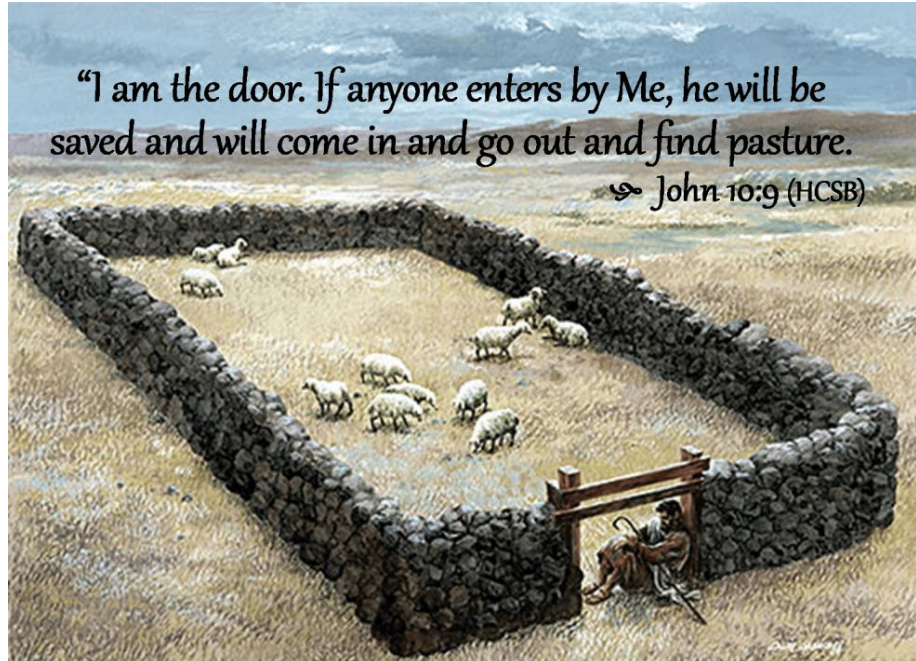
Exaltation of the Holy Cross - September 14 (instead of September 27);

The Intercession of the Blessed Virgin Mary - October 1 (October 14);

Introduction of the Blessed Virgin Mary - November 21 (December 4);

St. Andrew's Day - November 30 (December 13); St. Nicholas Day - December 6 (December 19);

**Christmas - December 25 (January 7);**



Cathedral of the Blessed Virgin Mary - December 26 (January 8); St. Melania's Day - December 31 (January 13); St. Basil the Great - January 1 (January 14); The Baptism of Christ - January 6 (January 19); Meeting of the Lord - February 2 (February 15); Annunciation of the Blessed Virgin Mary - 25 March (7 April); St. George's Day – April 23 (May 6<sup>th</sup>); Nativity of St. John the Baptist - June 24 (July 7); Saints Peter and Paul - June 29 (July 12); The Day of the Prophet Elijah - July 20 (August 2); Maccabiah, Honey Savior - August 1 (August 14); Transfiguration of Jesus - August 6 (August 19); Assumption of the Blessed Virgin Mary - August 15 (August 28); Beheading of St. John the Baptist - August 29 (September 11);  
The Christmas fast ends before the New Year: November 15 - December 24.

## ORTHODOXY IN THE WORLD

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A charity concert in support of the Ukrainian Armed Forces was held in Kmiansky at the Lesya Ukrainka Theater.

Mar. 14th, the Day of the Volunteer in Ukraine, was observed in St. Michael's Golden Domed Cathedral in Kyiv, where Metropolitan Epifani led a prayer service for defenders of the Motherland.



Metropolitan Iakovos presided over Hierarchal Liturgy in St. Sophia's Cathedral in Mexico City on Mar. 17th, the day of his enthronement.



A new deacon was added to the Church in Africa with the ordination of Theodore Musonda by Archbishop John of Zambia in Mposhi.



Bishop Chrysostomos of Bukoba, Tanzania elevated Fr. Sorphronios, a devoted father of 15 children to rank of Archpriest at the Nativity of Christ Church in Geita.



**Daniel Zelinsky** разом з Наталі Наталі і ще 3 зараз тут: **Ukrainian Orthodox Church of the USA**  
**Українська Православна Церква США.**  
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UOC of the USA Continues to Provide Humanitarian Aid to Ukraine

УПЦ США Продовжує Надавати Гуманітарну Допомогу Україні

[https://uocofusa.org/news\\_240322\\_2](https://uocofusa.org/news_240322_2)

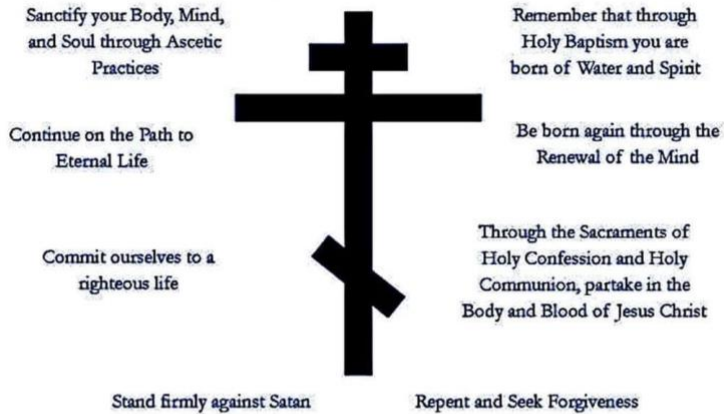




# THE GREAT LENT

## A LIFE OF PARADISE ON EARTH

RESTORING A LIFE OF BIBLE READING, PRAYERS, AND MEDITATION



### ◆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



# UOC Youth Worker!

With Faith & Love Draw Near

QRCode



SPRING 2024

BUILDING ON THIS ISSUE

LITURGY OF THE FAITHFUL  
ST. BASIL THE GREAT

PREPARING FOR  
FIRST HOLY CONFESSION



SPRING  
ACTIVITIES



## Assumption of the Virgin Mary Ukrainian Orthodox Church of the USA

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Sunday of Orthodoxy. Common Great Vespers of the Orthodox Clergy of Lehigh Valley, St. Paul Antiochian Church, Emmaus.



# OUR JOURNEY TO PASCHA! 2024

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week <b>FEBRUARY 25th</b>	 <i>TRIODION WEEKS</i> <b>Publican and the Pharisee</b> 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 <b>MARCH 3rd</b>	 <b>The Prodigal Son Returns!</b> 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 <b>MARCH 10th</b> FAREWELL TO MEAT TODAY	 <b>The Last Judgement</b> 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 <b>MARCH 17th</b> FAREWELL TO CHEESE TODAY	 <b>Adam and Eve are cast from Paradise!</b> <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 <b>MARCH 24th</b>	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> <b>SUNDAY of ORTHODOXY</b> 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 <b>MARCH 31st</b>	 <b>ST GREGORY PALAMAS</b> 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 <b>APRIL 7th</b>	 <b>VENERATION OF THE HOLY CROSS</b> <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 <b>APRIL 14th</b>	 <b>ST JOHN of the LADDER</b> 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 <b>APRIL 21st</b>	 <b>ST MARY of EGYPT</b> 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! <b>APRIL 28th</b> GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> <b>ENTRY OF OUR LORD INTO JERUSALEM</b> 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 <b>MAY 3rd</b>	 <b>GREAT AND HOLY FRIDAY</b> <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! <b>MAY 5th</b> NO FASTING!	 <i>BRIGHT WEEK</i> <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

St. John Chrysostom on Fasting. Do you fast? Give me proof of it by your works. If you see a poor man, take pity on him. If you see a friend being honored, do not envy him. Do not let only your mouth fast, but also the eye and the ear and the feet and the hands and all the members of our bodies. Let the hands fast, by being free of avarice. Let the feet fast, by ceasing to run after sin. Let the eyes fast, by disciplining them not to glare at that which is sinful. Let the ear fast, by not listening to evil talk and gossip. Let the mouth fast from foul words and unjust criticism. For what good is it if we abstain from birds and fishes, but bite

and devour our brothers? May He who came to the world to save sinners strengthen us to complete the fast with humility, have mercy on us and save us.

#### Additions in Ukrainian

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Недільне Євангеліє: Марка 2:1-12. Коли через кілька днів знову прийшов до Капернаума, пішла чутка, що Він у домі. 2 Зразу ж зібралося багато людей, так що вже не вміщалися біля дверей, і Він говорив їм слово. 3 І прийшли до Нього з розслабленим, якого несли четверо. 4 І, не маючи можливості наблизитись до Нього через народ, розкрили покрівлю дому, де Він був, і, розібравши її, спустили постіль, на якій лежав розслаблений. 5 Ісус, побачивши віру їхню, говорить розслабленому: чадо, відпускаються тобі гріхи твої. 6 Були там деякі з книжників, що сиділи і помишляли в серцях своїх: 7 чому Цей так богохулить? Хто може прощати гріхи, крім одного Бога? 8 Ісус, відразу зрозумівши духом Своїм, що вони так помишляють у собі, сказав їм: навіщо так помишляєте в серцях ваших? 9 Що легше — сказати розслабленому: прощаються тобі гріхи? Чи сказати: встань, візьми постіль свою і ходи? 10 Та щоб ви знали, що Син Людський має владу на землі відпускати гріхи, — говорить розслабленому: 11 тобі кажу: встань, візьми постіль твою та йди до дому твого. 12 Він зараз же встав і, взявши постіль, вийшов перед усіма, так що всі дивувались і прославляли Бога, кажучи: ніколи ще такого ми не бачили.