

Sabbath Renewal

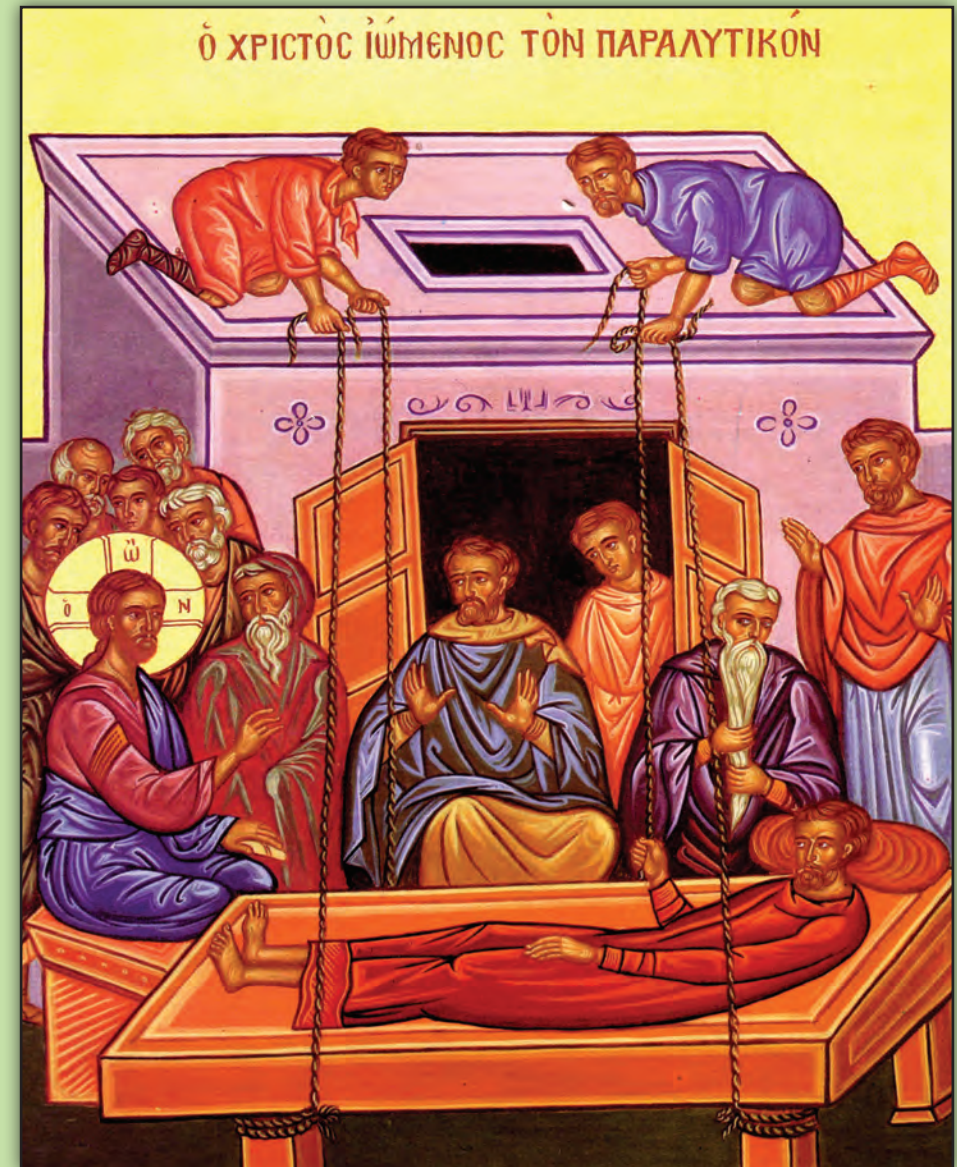
Another reason why the Sabbath day was blessed is that He who formed this world in six days foresaw that man would turn towards evil and would, as a result, go back to the ground, descend to Hades, and be imprisoned there; and this whole world would grow old and useless because of man, but would be renewed by God becoming man. This renewal was effected when God incarnate descended into Hades through death and declared there on the Sabbath the recall of souls. It was because He foresaw that this would happen on the Sabbath that He rightly deemed it the only day worthy to be blessed. However, although this work was secretly made ready on the seventh day, the Sabbath, everything was clearly brought to light and accomplished when the body too

had been summoned to immortality through the Lord's Resurrection on the eighth day. This is why we call it the Lord's Day. As Friday, the day of preparation, stands in relation to the Sabbath, so is the Sabbath in comparison with Sunday, which is obviously superior to it. As perfection and reality surpass beginning, pattern, and shadow, so is Sunday more excellent and honorable, because on it the exceedingly blessed work was finished, and on it we await the General Resurrection of all, the perfect entry of the saints into the divine rest and dissolution of the world into its elements.

St. Gregory Palamas

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SECOND SUNDAY OF THE GREAT FAST SAINT GREGORY PALAMAS



Icon of the Healing of the Paralytic -- Mark 2:1-12

UKRAINIAN CATHOLIC NATIONAL SHRINE OF THE HOLY FAMILY

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Pastoral Care entrusted to:

Father Robert Hitchens – Administrator

Father Andrii Chornopyskyi – Parochial Vicar

Sunday – March 5, 2023

Слава Ісусу Христу – Слава на віки Glory to Jesus Christ – Glory to Him Forever

All Services will be Live Streamed at 9:00 AM and 11:30 AM

Platform: <https://www.facebook.com/holyfamilyshrine/>

Sunday March 5 9:00 a.m. 11:30 a.m.	Gregory of Palamas (For the Parish) (Blessings for Greg Abbott from Cynthia Turchek)
Tuesday March 7 ***7:00 p.m.**	Ecumenical Prayer Service for Ukraine Basilica of the National Shrine of the Immaculate Conception
Friday March 10 6:00 p.m.	Liturgy of the Presanctified Gifts (Deceased Nagurney-Medwid Family from Irene)
Saturday March 11 9:30 a.m. **2:00 p.m.**	Funeral Liturgy for +Lydia Jarosewich Divine Liturgy (Sorokousty)
Sunday March 12 9:00 a.m. 11:30 a.m.	Veneration of the Holy Cross (+Charitina Litwyn from Family) (For the Parish)

IN YOUR CHRISTIAN CHARITY PLEASE REMEMBER +LYDIA JAROSEWICH IN YOUR PRAYERS

In your Christian Charity please remember our parishioner +Lydia Jarosewich (89), widow of Eugene Jarosewich, and mother of Irene, Martha, and Andrew, in your prayers. She entered eternity on Wednesday February 15. Her Funeral Liturgy will be celebrated on Saturday, March 11, at 9:30 a.m. in our Ukrainian Catholic National Shrine of the Holy Family. Burial will follow at Cedar Hill Cemetery. Family and Friends may call at the Joseph Gawler's and Sons Funeral Home at 5130 Wisconsin Avenue NW, Washington, DC on Friday March 10 from 4:00 p.m. (Panakhyda at 4:30 p.m.) until 7:00 p.m. May her Memory Be Eternal - Vichnaya Yi Pamyat!

THE GREAT FAST – A TIME FOR PENANCE AND METANOIA

Our parish will make a commitment to observe this sacred time in accord with the authentic traditions of our Ukrainian Catholic Church. We will celebrate the Liturgy of the Presanctified Gifts on Fridays at 6:00 p.m. in our Church. *Wednesdays will be at SS. Joachim and Anna in Front Royal, VA.* On Saturdays, we will celebrate the Divine Liturgy for the Souls enrolled in the Sorokousty 10:00 a.m. in our Church. Christians have been challenged to practice: **FASTING – ALMSGIVING – PRAYER – AS A WAY OF LIFE AND A WAY TO ETERNAL LIFE.** Please try your best to make the effort to observe these Lenten Disciplines and Practices during the **FAST 2023.**

Everyone, regardless of age, is encouraged to observe the GREAT FAST as piously as possible!

SPIRITUAL REGULATIONS FOR THE GREAT FAST 2023

Although our Church traditionally prescribed abstinence from meat and dairy products in days gone by for the entire duration of the Great Fast, the following are the minimal Lenten regulations today: Abstinence from meat and all dairy products on Good Friday. Abstinence from meat only on all Fridays of the Great Fast as well as Holy Saturday. It is also traditional to abstain from meat on Wednesdays during the Great Fast. Everyone should receive the Holy Mysteries of Reconciliation and Holy Eucharist during the period from the onset of Great Fast to the Wednesday before Ascension Thursday. The Fasting and Abstinence regulations are not binding on persons 60 or older, the very poor, sick, nursing or pregnant women, children below the age of 14, and those who engage in physically very hard labor. However, all are urged, if able to do so, to observe the fasting and abstinence regulations.

EASTER BAZAAR 2023 PREPARATION – SATURDAY MARCH 18 AND MARCH 25

We will hold two sessions in preparation for the Easter Bazaar. **The first session** is to make varennky, both potato and sauerkraut. We will start at 10AM – 1PM and 2PM – 5PM. on Saturday March 18. **The second session** is to make holubtsi and nalysnyky. We will start after the 10:00 a.m. Divine Liturgy for the Annunciation on Saturday March 25. Please sign-up with Nusia Kerda.

NEWCOMERS (REFUGEES AND OTHERS) - HOW DO WE HELP? SUNDAY MARCH 12

Join us for a conversation with Marta Rubel, Social Outreach Director for the Archeparchy of Philadelphia, on March 12, 2023, following the 9:00 am and 11:30 am Liturgies.

Prayer List

Our prayer list of the sick or elderly and friends of our parish: **Theresa Aranda, Liana Arnold, Valarie Balthis, Charles Belanger, Barbara Blendy, Bluey Family, Yevhenia Borys, Terry Boyle, Taisia Bullard, Robert Matthew C., Mary Connors, Veronica Cosio, Darlene Dossick, Solomia Dutkewych and Theresa, Ruth Fedack, Bernard F, Lindsey Fedyk, Lilian Garland, Alice Gogniat, Thomas Gutmann, H.H., Josie Hacker, Catherine Hetmansky, Bernadell Rita Higgins, Daniel Horeczko, Nila Iwaskiw, Kateryna Jurach, Sarah Kelt, Dorothy Kozmoski, Suzanne Krumpelman, Mr. Marko, Michael Joseph Little, Michele Pretka Litvar, Yaroslava L., Mufada and Family, Sallie Miller, John Moeller, Deborah Pickering, Alexandra Pohorecka, Ron#119, Michael Joseph Radigan, Roman Rusynko, Lisa Schaible, Christopher Sell, Michael Sharr, Shliakhta Bogdana, Shliakhta Mark, Shliakhta, Andrew, Larry Sosnowich, Lindsey Sydnor, Thomas Sydnor, Stefania Szahaj, Helen Lefcheck Torre, Lisa Pretka Turner, Gloria and Luis Vega, Anne Woroniak, Rose Wilson, Jennifer Wilson, Paul Yarrish.** If you know of someone who should be on this list, please email or call with the name of the individual. Our intercessory prayer for the sick and the aged is truly helpful and comforting. In your Christian Charity, kindly remember our sick parishioners in your prayers and perhaps a card or note.

God With Us Catechism

Today we hear the beautiful story of the healing of the paralytic who was brought by his friends through the roof of a building to Jesus, because they could get to him otherwise with the crowds. The Gospel tells us that the occasion for the healing of the paralytic, the reason why Jesus healed him, was that he saw “their faith.” How powerful faith is! Faith not only has the power to unite us to Christ (as we noted last week), but can also save those for whom we intercede. All of us struggle in the faith; all of us stumble and become distracted by the enticements of the world. But if we are surrounded by faithful friends, we can be held up, and even saved from spiritual danger by them. Choosing good friends, then, is very, very important. They will either lead us to Christ, as the friends of the paralytic did, or they will lead us away from the Lord and endanger our salvation.