

### *Wisdom from St. Gregory Palamas*

“If, then, the time of this life is for repentance, the very fact that a sinner still lives is a pledge that God will accept whoever desires to return to Him. Free will is always part and parcel of this present life. And it lies within the power of free will to choose or to reject the road of life or the road of death ... for it can pursue whichever it wishes. Where, then, are the grounds for despair, since all of us can at all times lay hold of eternal life whenever we want to?”

“The passion for popularity brings such injury upon those it masters that it shipwrecks faith itself.”

“Natural things are not indictable; for they were created by God who is good, so that through them we can act in ways that are also good. Hence in themselves they do not indi-

cate sickness of soul, but they become evidence of such sickness when we misuse them. When we coddle the flesh in order to foster its desires, then the passion becomes evil and self-indulgence gives rise to the carnal passions and renders the soul diseased.”

“We start the imitation of Christ with Holy Baptism, which symbolizes the Lord’s Burial and Resurrection. Virtuous living and conduct in accord with the Gospel are its intermediate stage, and its perfection is victory through spiritual struggles against the passions, which procures painless, indestructible, heavenly life.”

“It is pointless for someone to say that he has faith in God if he does not have the works which go with faith ... namely, deeds of love and compassion.”

## SECOND SUNDAY OF THE GREAT FAST



*Icon of Saint Gregory Palamas*

**UKRAINIAN CATHOLIC NATIONAL SHRINE OF THE HOLY FAMILY**

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**IN CASE OF AN EMERGENCY PLEASE CALL: 202-262-5040**

**Pastoral Care entrusted to:**

Father Robert Hitchens – Administrator

Father Mykola Dziurakh – Parochial Vicar

**Sunday – March 16, 2025**

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

**Confessions are available before the Divine Liturgies**

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

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

<b>Saturday March 15</b> <b>10:00 a.m.</b> <b>5:30 p.m.</b>	<b>Divine Liturgy (Sorokousty)</b> <b>Great Vespers</b>
<b>Sunday March 16</b> <b>9:00 a.m.</b> <b>11:30 a.m.</b>	<b>Second Sunday of the Fast</b> (+Charitina Litwyn from Family) (For the Parish)
<b>Wednesday March 19</b> <b>**7:00 p.m.**</b>	<b>Liturgy of the Presanctified Gifts</b>
<b>Friday March 21</b> <b>**5:00 p.m.**</b>	<b>Liturgy of the Presanctified Gifts</b> (Blessings for John M Fedack from Ruth)
<b>Saturday March 22</b> <b>10:00 a.m.</b> <b>5:30 p.m.</b>	<b>Divine Liturgy (Sorokousty)</b> <b>Great Vespers</b>
<b>Sunday March 23</b> <b>9:00 a.m.</b> <b>11:30 a.m.</b>	<b>Third Sunday of the Fast – Veneration of the Cross</b> (+John and +Helen Fedkiw form the Popadiuk Family) (For the Parish)

**CATECHISM CLASSES FOR CHILDREN AGES 3-5**

Catechism classes will be held from 10:15-11:15 am on Sunday. Please mark these dates for the first semester: March 23, April 6, 27, May 4, 18.

**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 **Wednesdays at 7:00 p.m. (English and Ukrainian)** and on **Fridays at 5:00 p.m. (English)** in our Church. 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.** All parishioners are urged to resolve to make their best effort to attend at least **5** of these sacred services during the Great Fast, especially those in which we remember our deceased loved ones. All must attend the Divine Liturgy on Sundays.

**SPIRITUAL REGULATIONS FOR THE GREAT FAST 2025**

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.

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

**2025 EASTER BAZAAR AND BASIC PYSANKA WORKSHOP SATURDAY APRIL 5**

**Buffet Luncheon:** “Traditional Ukrainian” – 10:30 a.m. until the food is gone. **Easter Bazaar:** 10:30 a.m. – 3:30 p.m. Traditional Ukrainian arts and crafts, pysanka kits, how-to books, videos, traditional foods & baked goods, and smoked & other meats. **Basic Pysanka Workshop:** Learn to decorate Easter Eggs the traditional Ukrainian way. Detailed A/V presentation, personalized instruction, materials & supplies included. Workshop Fee: \$40 (adults only). Attendance limited to 60. Individuals. Workshop registration/payment is required in advance at <https://tinyurl.com/228rxbae>

**EASTER BAZAAR 2025 FOOD PREPARATION – FRIDAYS MARCH 21, 28 AND APRIL 4**

PLEASE Join us Fridays March 21, 28, and April 4 starting at 10AM to make varenyky, both potato and sauerkraut. On Friday, April 4 our session is to make holubtsi and other food items.

**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, Mary Connors, Veronica Cosio, Darlene Dossick, Robert Dulaine, Solomia Dutkewych and Theresa, Ruth Fedack, Bernard F, Ferne Fisanich, Myroslava Futey, Lilian Garland, Thomas Gutmann, H.H., Josie Hacker, Catherine Hetmansky, Vanessa Hetmansky, Bernadell Rita Higgins, Ellen Hitchens, Janet Hitchens, Daniel Horeczko, Boris Hlynsky, Nila Iwaskiw, Bohdan Kantor, Sarah Kelt, LTJG Lydia Kowalskyj USN, Dorothy Kozmoski, Suzanne Krumpelman, Mr. Marko, Melissa Martin, Paul Marynowych, Michele Pretka Litvak, Yaroslava L., Mufada and Family, Sallie Miller, John Moeller, Deborah Pickering, Alexandra Pohorecka, Patricia Pylypec, Ron#119, Michael Joseph Radigan, Roman Rusynko, Lisa Schaible, Christopher Sell,, Teresa Sherwood, Shliakhta Bogdana, Shliakhta Mark, Shliakhta, Andrew, Larry Sosnowich, Lindsey Sydnor, Thomas Sydnor, Stefania Szahaj, Lisa Pretka Turner, Gloria and Luis Vega, Anne Woroniak, Rose Wilson, Fr. George Worschak, and 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.