

### *I was Hungry*

You see, my beloved, there is no excuse for it. They knew what they had to do in this world. But greed and ill-will prevented them, so they laid up for themselves not treasures for the future but the world of the dead. Neither were they condemned because of the active wrong they did, nor did the Lord say to them: depart from me, you wicked, because you committed murder or adultery or theft. But instead: because I was hungry and thirsty in my servants, and you did not minister to me. If those who did no wrong are thus condemned, what must be said of those who do the works of the devil? Will not the prophecy of blessed David come upon them: "The wicked will not stand in the judgment, nor sinners in the congregation of the righteous?" Not that they will not rise, but that neither in judgment [nor in] the congregation of the righteous do they deserve to enter. They will stand, however, so that from

punishment they may enter into punishment." And they will go into eternal punishment, but the righteous into eternal life." Whatever will be is everlasting. Sinners will have everlasting punishment; and the righteous, everlasting life.

*St. Epiphanius the Latin*

Do you wish to honor the body of Christ? Do not ignore Him when He is naked. Do not pay Him homage in the temple clad in silk, only then to neglect Him outside where He is cold and ill-clad. He who said: "This is my body" is the same who said: "You saw me hungry and you gave me no food" and, "Whatever you did to the least of my brothers you did also to me." ... What good is it if the Eucharistic table is overloaded with golden chalices when your brother is dying of hunger? Start by satisfying his hunger and then with what is left you may adorn the altar as well.

*St. John Chrysostom*

### MEATEFARE SUNDAY



*Icon of the Last Judgment*

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

**4250 Harewood Road NE Washington, DC 20017**

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**Webpage: [www.ucns-holyfamily.org](http://www.ucns-holyfamily.org)**

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

***Pastoral Care entrusted to:***

Father Robert Hitchens – Administrator

Father Mykola Dziurakh – Parochial Vicar

**Sunday – February 8, 2026**

**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 February 7</b> <b>5:30 p.m.</b>	<b>Great Vespers</b>
<b>Sunday February 8</b> <b>9:00 a.m.</b> <b>11:30 a.m.</b>	<b>Sunday of Meatfare – The Judgment</b> (For the Parish) (+Luboslaw Szuszkiewicz from Family)
<b>Wednesday February 11</b> <b>9:00 a.m.</b>	(+Sy Roman from A.M. Gogniat)
<b>Thursday February 12</b> <b>9:00 a.m.</b>	(Special Intention)
<b>Friday February 13</b> <b>9:00 a.m.</b>	(+Marion Bartoszyk from A.M. Gogniat)
<b>Saturday February 14</b> <b>5:30 p.m.</b>	<b>Great Vespers</b>
<b>Sunday February 15</b> <b>9:00 a.m.</b> <b>11:30 a.m.</b> <b>6:00 p.m.</b>	<b>Sunday of Cheesefare – Forgiveness Sunday</b> (+Horace Hitchens from Family) (For the Parish) <b>Lenten Vespers of Forgiveness</b>

**THE GREAT FAST BEGINS – MONDAY FEBRUARY 16 – A TIME FOR PENANCE AND METANOIA**

The Great Fast begins Monday, February 16. 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 2026**

Although our Church traditionally prescribed abstention 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: Abstinance from meat and all dairy products on Monday the First Day of The Fast and Good Friday. Abstinance 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 Abstinance 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 abstinance regulations.

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

**PLEASE SUBMIT YOUR SOROKOUSTY 2026 (LIST OF YOUR DECEASED LOVED ONES)**

In the Ukrainian Catholic Church, it is the custom to remember our beloved dead during the time of the Great Fast. The Great Fast begins on Monday February 16 in 2026. These commemorations occur on Saturdays because the Saviour of the world rested in the grave on Great and Holy Saturday, awaiting the Resurrection. Thus, Saturday became for Christians the day for commemorating the deceased, who await the resurrection on the last day. We will be starting our remembrances of the dead on Saturdays, beginning February 21 at 10:00 a.m. Please take the time to remember your deceased family members on the Saturdays of the Great Fast. They hope for our prayers; and in turn, they pray for us. Please submit an envelope with your list of names by email or US Mail. An offering is customarily given to the priests.

**FIRST CONFESSION 2026 PREPARATION**

Preparation for First Confession has begun. Classes will still be held on Sundays. Please contact Olya Mulvey at [olya.kroytor@gmail.com](mailto:olya.kroytor@gmail.com) to learn more. All children must attend Divine Liturgy with their families on a weekly basis during their preparation. The SPRING SEMESTER class schedule is as follows: February 8, 15, 22, March 1, 8, 15, 22, and March 28 - Lazarus Saturday - First Confession.

**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, Myroslava Futey, Lilian Garland, Thomas Gutmann, H.H., Josie Hacker, Robert Harnest, Catherine Hetmansky, Vanessa Hetmansky, Bernadell Rita Higgins, Ellen Hitchens, Janet Hitchens, Boris Hlynsky, Daniel Horeczko, Oksana Horszynska, Ihor Hulawyj, Nila Iwaskiw, Sarah Kelt, LTJG Lydia Kowalskyj USN, Dorothy Kozmoski, Suzanne Krumpelman, Mr. Marko, Melissa Martin, Paul Marynowych, Irene Nagurney, Myron Nagurney Jr, Michele Pretka Litvak, Yaroslava L., Mufada and Family, Sallie Miller, John Moeller, Deborah Pickering, Alexandra Pohorecka, Patricia Pylypec, Ron#119, Michael Joseph Radigan, Ivanna Richardson, Roman Rusynko, Chris Saboe, 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, 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.