

“As long as they have the bridegroom with them they cannot fast.” (Mark 2:19)

This evening, Forgiveness Vespers begins the Great Fast. Texts from the propers of Vespers include the following:

Entering into the arena of the Holy Fast, let us make every effort to humble our flesh by abstinence; in prayer and with tears let us seek the Lord our Savior, and, that we might turn away from our evil deeds, let us say to Him: we have sinned against You, O Christ our King, save us as You saved the Ninevites of old, and in Your goodness, grant us a share in the kingdom of heaven.

When I see my deeds that deserve such punishment, I am without hope, O Lord; for I have disobeyed Your holy commandments, and I have led a foolish

life. Therefore, I beseech You: purify me in the waters of repentance by fasting and prayer, O Savior, full of goodness; do not reject me, O Benefactor of the Universe.

Let us begin the time of this bright fast, giving ourselves over to spiritual struggle. Let us sanctify our soul and purify our flesh. Let us not fast only from food; let us also abstain from every passion and cultivate spiritual virtues. And let us faithfully preserve in this, so that we may be worthy to see the holy passion of Christ our God and the joy of His holy Resurrection.

*Text from the Lenten Triodion,
Sisters of Saint Basil, Uniontown, PA.*

SUNDAY OF CHEESEFARE



Icon of Christ the Bridegroom

UKRAINIAN CATHOLIC NATIONAL SHRINE OF THE HOLY FAMILY
4250 Harewood Road NE Washington, DC 20017

Phone: 202-526-3737

E-mail: ucnsholyfamily@gmail.com

Webpage: 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 15, 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/>

Saturday February 14 5:30 p.m.	Great Vespers
Sunday February 15 9:00 a.m. 11:30 a.m. 6:00 p.m.	Sunday of Cheesefare – Forgiveness Sunday (+Horace Hitchens from Family) (For the Parish) Lenten Vespers of Forgiveness
Wednesday February 18 7:00 p.m.	Liturgy of the Presanctified Gifts (+Pauline, +Michael, and +John from Ruth Fedack)
Friday February 20 5:00 p.m.	Liturgy of the Presanctified Gifts (+Eva, +Mary, +Esther from Ruth Fedack)
Saturday February 21 10:00 a.m. 5:30 p.m.	Divine Liturgy (Sorokousty) Great Vespers
Sunday February 22 9:00 a.m. 11:30 a.m.	Sunday of Orthodoxy (+Catherine and +Michael Dankewych from Family) (For the Parish)

4 YEARS OF EVIL RUSSIA’S WAR AGAINST UKRAINE – RALLY FEB 21 2PM

Join us on Saturday, February 21 at 2PM and gather at the Lincoln Memorial for a rally, marking fouryears of russia's genocidal full-scale war against Ukraine. Be with us to express support for Ukraine and condemn russia's 12-year-long war (FEB 2014), against Ukraine its people, and culture. Saturday, February 21. Bring flags, signs, and posters supporting Ukraine. All friends of Ukraine are welcome.

FIRST CONFESSION 2026 PREPARATION

Preparation for First Confession has begun. Classes will be held on Sundays. Please contact Olya Mulvey at 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 15, 22, March 1, 8, 15, 22, and March 28 - Lazarus Saturday - First Confession.

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 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 Monday the First Day of The Fast and 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!

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 16,2026. 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.

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, Fr. Robert 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.