

### *The Cross, Our Victory*

Have you seen the wonderful victory? Have you seen the splendid deeds of the Cross? ... Who can tell the Lord's mighty deeds? By death we were made immortal: these are the glorious deeds of the Cross.

Have you understood the victory? Have you grasped how it was wrought? Learn now, how this victory was gained without any sweat or toil of ours. No weapons of ours were stained with blood; our feet did not stand in the front line of battle; we suffered no wounds; witnessed no tumults; and yet we obtained the victory.

The battle was the Lord's, the crown is ours. Since then victory is ours, let us imitate the soldiers, and with joyful voices sing the songs of victory.

Let us praise the Lord and say, "Death is swallowed up in victory. O death, where is thy victory? O death, where is thy sting?"

The Cross did all these wonderful things for us: the Cross is a war memorial erected against the demons, a sword against sin, the sword with which Christ slew the serpent.

The Cross is the Father's will, the glory of the Only-begotten, the Spirit's exultation, the beauty of the angels, the guardian of the Church. Paul glories in the Cross; it is the rampart of the saints, it is the light of the whole world.

*St. John Chrysostom*

## THIRD SUNDAY OF THE GREAT FAST VENERATION OF THE HOLY CROSS



*Icon of the Sunday of the Holy Cross*

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 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 March 7</b> <b>5:30 p.m.</b>	<b>Great Vespers</b>
<b>Sunday March 8</b> <b>9:00 a.m.</b> <b>11:30 a.m.</b>	<b>Third Sunday of the Fast Great Fast - Veneration of the Holy Cross</b> (+Alice Gogniat from Family) (For the Parish)
<b>Wednesday March 11</b> <b>7:00 p.m.</b>	<b>Liturgy of the Presanctified Gifts</b> (Blessings for John M Fedack from Ruth)
<b>Friday March 13</b> <b>5:00 p.m.</b>	<b>Liturgy of the Presanctified Gifts</b> (Health of Fr. Robert from Marijska Druzhyzna)
<b>Saturday March 14</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 15</b> <b>9:00 a.m.</b> <b>11:30 a.m.</b>	<b>Fourth Sunday of the Fast Great Fast – John of the Ladders</b> (+Rosaline Wilson from Family) (For the Parish)

**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: March 8, 15, 22, and March 28 - Lazarus Saturday - First Confession.

**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 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 Good Friday. Abstinence from meat only on all Fridays of the Great Fast as well as Holy Saturday. It is also traditional to voluntarily 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!*

**2026 EASTER BAZAAR AND BASIC PYSANKA WORKSHOP SATURDAY MARCH 21**

**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://www.eventbrite.com/e/pysanka-workshop-easter-bazaar-tickets-1983830783276?aff=oddttdcreator>

**SAINT PHILIP’S FAST PROJECT 2025 REPORT**

St. Josaphat Council Knights of Columbus would like to thank all the parishioners who donated to our annual Philips Fast project in support of the Front Royal Pregnancy Center. Because of your kind generosity, our Council delivered \$3600 worth of diapers, wipes, formula, clothing and other supplies, plus \$3400 in monetary contributions and matching funds from Knights of Columbus Supreme Headquarters to this worthy cause.

**SPECIAL SHOWING OF BEYOND THE STATISTICS SUNDAY MARCH 22 AFTER BOTH LITURGIES**

Join us for a special showing of a film about the forcibly displaced Ukrainian Families in search of freedom. Free for everyone. Sponsored by the Archeparchy of Philadelphia Social Outreach Ministry.

**PRAYER LIST**

Our prayer list of the sick or elderly and friends of our parish: **Theresa Aranda, Liana Arnold, Valarie Balthis, 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.