



LEAGUE OF UKRAINIAN CATHOLICS OF AMERICA

Membership Application

Individual \$5.00 ____ * Family \$10.00 ____ Adults/children(under 16 y.o. list names and ages)
Benefactor \$25.00 ____

Renewal ____ New ____

***NOTE: You have the option to pay for more than one year. If you do, please indicate the years being paid.

Name _____

Address _____

City _____ State _____ Zip _____

Tel () _____ Cell () _____ Email address _____

Parish Name _____ City _____

Applicant(s) Signature _____

Date _____ Chapter/Council Name _____ **Official Use:**

Membership No. _____

Year(s) _____

Sponsor Signature _____

Spiritual Director or Pastor _____

**COMPLETE THIS FORM AND RETURN WITH YOUR CHECK PAYABLE TO
LEAGUE OF UKRAINIAN CATHOLICS**

**GIVE THIS APPLICATION AND CHECK
TO YOUR COUNCIL/CHAPTER MEMBERSHIP DIRECTOR,
OR MAIL PAYMENT TO:**

Mrs. Janina Everett, 1169 First Ave, Berwick PA 18603 570 -759 -2824
email: tjeverett@verizon.net

Join us in our faith community as a member of the LEAGUE OF UKRAINIAN CATHOLICS (LUC).

Join the LUC and become a "Vibrant Member" of a Vibrant Church.

Join a Council or Chapter in your area.

if no Council or Chapter available locally, become an Independent member.

Follow us on Facebook - <https://www.facebook.com/LUCofAmerica>

****You can make copy of this page to send in with your payment.

Thank you.



LUC ACTION

League of Ukrainian Catholics Spring 2018
Лiга Українців Католиків Весна 2018



Nurturing Our Future Vocations

The National Board of Directors of the League of Ukrainian Catholics of America is pleased to announce the recipients of the LUC Burse Awards.

The League annually presents monetary awards to individuals – seminarians, eparchial clergy, monastics, and religious, named by their Bishops, Abbots and Provincials, in keeping with the League's program of promoting Vocations through financial assistance as well as through the prayers of the membership. Each of the eight awards disbursed this year are named in honor of a specific Ukrainian Catholic Hierarchy, Women Religious, or honorable deceased League Member. Astute investments made through the Providence Association has enabled the League, for the first time, to double the amount of each Burse Award.

The 2017 Burse Award recipients are as follows:

The Bishop Jaroslaw Gabro Burse for the Archeparchy of Philadelphia recipient is Alex Bricki, as nominated by Metropolitan Archbishop Stefan Soroka.

The Metropolitan Andrew Sheptytsky Burse for the St. Nicholas Eparchy (Chicago) recipient is Martin Nagy as nominated by the late Bishop Richard Seminak.

The Metropolitan Constantine Bohachevsky Burse for St. Josaphat Eparchy (Parma) recipient is Brother Dale Sefcik, BHS, as nominated by Bishop Bohdan Danylo.

The Metropolitan Ambrose Senyshyn Burse for the Eparchy of Stamford recipient is Roman Kuzniak as nominated by Bishop Paul Chomnycky.

The Metropolitan Joseph Schmondiuk Burse for the Sisters Servants of Mary Immaculate recipient is Sister Michele Yakymovitch, SSMI, as nominated by Sister Kathleen Hutsko, SSMI, Provincial.

The Sister Martianna Zebron Burse for the Sisters of the Order of St. Basil the Great recipient is Sister Olha Mykhaliuk, OSBM, as nominated by Sister Dorothy Ann Busowski, OSBM, Provincial.

Sr. Olha (from Ukraine) is studying English as a Second Language at Manor Junior College. The Sisters from Holy Trinity Province (Ukraine) are ministering with Lover of Humanity (USA, Jenkintown PA). → → →

The Patrick Bilon Burse for the Missionary Sisters of Mother of God recipient is Sister Anne Binkowski, MSMG, as nominated by Mother Evhenia Prusnay, MSMG, Provincial.

The Bishop Soter Ortynsky Burse for the Mount Tabor Monastery recipient is Brother Petro Piaseckij as nominated by Father Abbot Damian.

The League of Ukrainian Catholics congratulates the Award recipients and wishes each much success, happiness, and abundance of God's Blessings!

Many Happy Years! Na Mnohaya i Blahaya Lita!

CELEBRATING WITH SR. ALBINA GREGORY ON HER 90TH BIRTHDAY



Left to right: Standing - Stephen Retkwa, Sr. Albina Gregory, Helen Fedoriw, Linda Mykietyn, Jerome Mykietyn
Seated - Lori Retkwa, Sr. Cecelia Sworin, Marion C. Hrubec, Carol Loden



On Sunday, January 14, 2018, the Sisters Servants of Mary Immaculate held a surprise Birthday for Sr. Albina Gregory, SSMI (90 years old) and Sr. Charlotte Pipping, SSMI (80 years old).

The members of the St. Nicholas Chapter of the LUC – Passaic, NJ were in attendance to celebrate with Sr. Albina, who served in our parish for 16 years. Many of the invitees were her students from St. Nicholas along with their families.

Sr. Albina is the Director of St. Mary's Villa Retreat Center, where the LUC has annually held their Lenten Retreat for the faithful of the Metropolia.



Left to Right: Sister Frantsyska Shablii, OSBM, Novice Director; Eugene Luciw, Esq., Providence Association; Sister Dorothy Ann Busowski, OSBM, USA Provincial Superior; Sister Olha Mykhaliuk, OSBM, Burse Recipient; Marion Hrubec, LUC President; Sister Daniella Vynnyk, OSBM, Provincial Superior in Ukraine.



**LEAGUE OF UKRAINIAN CATHOLICS OF
AMERICA ANNUAL LENTEN RETREAT**
March 16, 17, 18, 2018
**ST. MARY'S VILLA RETREAT
CENTER, SLOATSBURG, NY**

On January 1, 2018 Pope Francis recommended leaving behind "all sorts of useless baggage". His recipe for getting down to the essentials includes setting aside a moment of silence daily to be with God in order to help "keep our freedom from being corroded by the banality of consumerism, the blare of commercials, the stream of empty words and the overpowering waves of empty chatter and loud shouting." Pope Francis recommended leaving behind "all sorts of useless baggage" to "rediscover what really matters" - and start over from that. And in one sense that is repentance. According to "Mr. Webster", repentance means to regret for some wrong doing in the past. Christ message is "repent for the kingdom of heaven is at hand."

Repentance is an ongoing part of life. Christ Our Pascha, the catechism of the Ukrainian Catholic Church states that "On-going repentance is not about focusing on one's faults and offenses. It is first of all, in discovering God's love. In the light of God's love we realize to what extent sin separates us from Him and prevents us from abiding in God's love." (# 454) The purpose of this retreat is for us to put aside time to be with God and rediscover what really matters, to become aware of God's unconditional love and limitless mercy which enables us to lead a life of repentance and transformation.

His Excellency Bishop John Bura, who will conduct the retreat, was ordained by Metropolitan Ambrose Senyshyn, served in many parishes, was Rector of St. Josaphat Ukrainian Catholic Seminary in Washington, D.C. He was Apostolic Administrator of St. Josaphat Eparchy in Parma, Ohio and presently is Auxiliary Bishop of the Archeparchy of Philadelphia serving as Ambassador of the Ukrainian Greek Catholic Church in Washington, DC.

Hope to see you at our Retreat!



**St. Mary's Villa Retreat Center,
Sloatsburg, NY**
**LEAGUE OF
UKRAINIAN CATHOLICS
ANNUAL LENTEN RETREAT
SCHEDULE**
March 16, 17, 18, 2018
Retreat Director:
Most Reverend Bishop John Bura
Theme: "The Road to Repentance"

FRIDAY:

7:30pm Opening Remarks and Introduction
CONFERENCE I
Akathist Prayer Service to the Mother of God

**SATURDAY: FIFTH SATURDAY OF THE
GREAT FAST – AKATHISOS SATURDAY**

7:45am Morning Prayers
8:00 Breakfast
9:15 CONFERENCE II
11:00 Divine Liturgy - Homily
12:30pm Lunch
2:00 CONFERENCE III
Confessions
5:30 Dinner
6:30 Healing Service and Anointing
Confessions or Private Conference
8:30 CONFERENCE IV

**SUNDAY: FIFTH SUNDAY OF THE GREAT
FAST – ST. MARY OF EGYPT**

7:45am Morning Prayer
8:00 Breakfast
9:00 CONFERENCE V



10:00 Divine Liturgy -
Homily: Bishop John Bura
12:00 Lunch
Departure

A MESSAGE FROM THE MEMBERSHIP DIRECTOR

Yanka Everett Wishes you God's Blessings
and a Happy, Healthy New Year!

Dear LUC Members:

We are into the New Year 2018 and it is time for renewal of your membership and payment of Council annual assessments. It is my hope all membership will be up to date by June as we prepare for this year's Annual Convention. We always welcome new members! Consider becoming a member of the League, starting a Chapter within your parish working together with your pastor to become an active, vibrant parish, growing in faith and community.

The LUC is a working, prayerful group in our Ukrainian Catholic Church since 1933, whose members have a deep faith in God and a deep love of their Ukrainian Catholic Rite and Heritage. Our quarterly publication "ACTION" provides some insight into the work of the League within each of our parishes. Knowing that our hierarchy, clergy and religious are honorary members, it is our hope that they become active LUC members within their parishes, providing the faithful with a greater love of their Church and deeper understanding of their Faith.

Dues are to be paid to your council's membership director or can be sent directly to me: \$5/person \$10/family (adults with children under 16 yrs). Benefactor \$25.

My Information: Janina Everett,
1169 First Ave, Berwick PA 18603
570-759-2824 or tjeverett@verizon.net



On 1/13/18, Sophia had her very first haircut. She had 8 inches cut off and has donated it to a nonprofit organization, Children with Hair Loss, which is headquartered in South Rockwood, Michigan. CWHL offers hair replacements at no cost to children and young adults facing medically-related hair loss. When a child's hair is lost due to Cancer treatments, Alopecia, Trichotillomania, Burns, etc., the painful effects are far deeper than just cosmetic. A customized human hair replacement system and care kit for a child with hair loss can cost up to \$5000! At CWHL, everything a child receives is FREE, and recipients are eligible to receive a new hair replacement once a year until age 21! Sophia is daughter of Scott and Kristina Williams. Her mom, Kristina (Krisy) Williams (North Anthracite Council LUC) last also donated to CWHL in 2016. Her Baba is Janina Everett, and Great-Grandma Maria Szpynda of Berwick, North Anthracite Council LUC members.

POOR MAN'S RAISIN CAKE (For Fast Days) by Marion Hrubec
Cook 1 pound raisins in 2 cups water for 15 minutes - cool... Set aside...

Blend in large mixing bowl:
1 1/4 cups sugar
1 cup shortening (crisco or salad oil) cream until fluffy.
Add: 3 cups flour
1 1/2 cups cold water
2 tsp. Baking soda

Add: raisins.
Pour into greased and floured pans
Bake 45 minutes in a 350 degree oven.
Variations: when using oil, add 1 cup oatmeal
When using crisco, add 1 cup mashed pumpkin, candied fruit, nuts, chopped dates, figs or prunes can be added.

REGISTRATION FORM

FOR LUC LENTEN RETREAT 2018

Retreat begins on Friday at 7:30 pm (arrivals by 7:00 p.m.)

NAME: _____
ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____
I WILL ARRIVE ON: _____ AT APPROXIMATELY: _____ P.M.

Please note that there will be no meal served Friday evening. Be sure to have your supper before you arrive. As always, there will be hot and cold beverages, snacks and fruits available at all times.

RETREAT COST: \$ 175.00 Per Person DEADLINE: MARCH 2, 2018

MAKE CHECKS PAYABLE TO: LEAGUE OF UKRAINIAN CATHOLICS
Complete and Mail to: Marion C. Hrubec 400 Dewey Avenue, Saddle Brook, NJ 07663

[Paid ___ Check # _____]



Dear Friends, the New Year is upon us. Time flies quickly!

Please register early for our

Ukrainian Catholic Pilgrimage to the Holy Land.

Space is limited. Don't be left out of this once-in-a-lifetime journey.

To register or for more information: 1-800-842-4848, or

Annette@select-intl.com, or 97-471-9727.



From North Anthracite Council...

Seated - left to right: Joan Serafin, Recording Secretary; Gerry Adamchak, Michael Trusz, Vice President; Dorothy Jamula, President; Janina 'Yanka' Everett, Membership Officer; Ann Beshada, Treasurer; Paul Ewasko, Publicity Officer
 Standing - left to right: Maria Black; Dr. Michael Labuda; Sandra Berta; Kathleen Izak; Stella Patrick; Helen Lipowski; Dorothy Kowalchick; Hanya Savatteri; Helen Ewasko; Sonya Dempsey; Catherine Halloway; Shirley Nidoh; Geri Kolotelo; Maria Szpynda; Mary Ezyk; Anna Magill; John Naradko; Andy Jamula; Father Walter Pasicznyk; Jean Pedley; Stefan Tutka; Father Myron Myronyuk, host pastor.
 Absent when photo was taken: Mara Beckage; Daria McDonnell; Helen Pagnotti; Lisa Placek; Dr. Nadia Worobij. Photo by Mark Izak

Scranton Parish Hosts Moleben and LUC Meeting

On Sunday afternoon, November 19, 2017, Scranton's St. Vladimir parish hosted a Moleben and invited members of the North Anthracite Council - League of Ukrainian Catholics to conduct their autumn meeting in the parish center. Members celebrated the Moleben in honor of Blessed Hieromartyr Mykola Charnetsky with host pastor Father Myron Myronyuk as celebrant. Father Myron used the solemn occasion to present a most informative homily on the life and sufferings of Blessed Mykola. He encouraged all to pray to him and demonstrate our deep appreciation for all he did to keep our Ukrainian Greek Catholic Church alive during the years the Russian Communists attempted to destroy the Church.

Members gathered in the attractive parish center for the purpose of reviewing the recent LUC National Convention which was organized by the North Anthracite Council and held in Wilkes-Barre and Plymouth PA. The session's agenda also included discussion of upcoming religious events, possible fund raising activities and dates of future meetings. Members were informed that Convention 2018 is scheduled for October 5 to 7 and will be hosted by the Niagara Frontier Council in Buffalo/Amherst, New York. Prayer to Venerable Metropolitan Andriy Sheptytsky closed the meeting.

Members and guests enjoyed a bountiful reception prepared by parishioners of St. Vladimir Church. A mini-affle took place to the delight of five winners, one of whom took home a beautifully crafted Christmas pysanka created by the talented Yanka Everett. As darkness arrived, Father Myron thanked all for their participation and wished them a safe journey home.

Decorating a Christmas tree

Parishioners of SS. Cyril and Methodius Ukrainian Greek Catholic Church in Berwick, Pennsylvania gathered on Monday, November 20 to decorate a Christmas tree sponsored by our parish for Treeest at the Caldwell Consistory in Bloomsburg, Pennsylvania. The tree, decorations, and three gift boxes of Christmas items, Christmas dinner foods and pantry items were donated to a needy family in the area in time for Christmas. The theme for this year's tree: "The Ani-



mals Gather to Adore Baby Jesus". Pictured from left to right: Ellen Jancewicz, Jane Keefer, Pastor - Fr. Roman Petryshak, Debbie Thomas, Marjorie Matash, Barbara Nagy, Yanka Everett, Steve Matash, and Joseph Roll". Barb Nagy and Yanka Everett are members of LUC's North Anthracite Council.

The website of the Eparchy of St. Josaphat in Parma Ohio has a number of materials and videos related to the topic of the Liturgy & Prayer. Please follow the link:

Liturgy & Prayer resources:
<http://stjosaphateparchy.com/liturgy-and-prayer/>

Liturgy & Prayer video materials:
<http://stjosaphateparchy.com/listen/>

MARK YOUR CALENDAR

Patriarch Sviatoslav to Attend August Marian Pilgrimage



Bishop Paul Chomnycky, Eparch of Stamford, and the Sisters Servants of Mary Immaculate, joyfully announce that His Beatitude, Patriarch Sviatoslav Shevchuk will preside at the 64th Holy Dormition Pilgrimage in Sloatsburg, NY on August 11-12, 2018.

FOSTERING A CATHOLIC ELEMENTARY SCHOOL EDUCATION

One of the purposes of the League of Ukrainian Catholics of America as stated in its constitution and by-laws is fostering Education. Through the League's office of Culture and Education it has continually promoted the Ukrainian Culture of the Church and its people. It continually strives to foster education through events such as seminars, retreats and activities at the Council and Chapter levels in the local parishes.

In 1997, the National Board of the League of Ukrainian Catholics of America initiated a program whereby the League would honor an outstanding student in one of our Ukrainian Catholic parochial schools. This Endowment Fund awards an annual monetary gift to a selected Metropolia parochial school in the name of an exceptional student nominated by the school principal/pastor. The number of Ukrainian Catholic schools at that time numbered approximately eighteen (18). Sadly, as of 2017, only three (3) schools remain – St. Nicholas, Passaic, NJ; Assumption of the Blessed Virgin Mary, Perth Amboy, NJ; St. Nicholas, Minersville, PA. However, the Endowment Fund Award continues.

The 2017 recipient of the Sr. John Paskevich, SSMI – Schools Endowment Fund is St. Nicholas School, Minersville, Pa, in honor of their outstanding first-grade student, Erica Miller. Nominated by St Nicholas pastor, Rev. Paul Makar, Erica is a little girl who strives to change the world; her little corner of the world. In response to the question, what would you do to change the world? Erica said she wanted to make the school prettier so that children would be happy when they went to school. Instead of a birthday party with lots of presents, Erica received gifts of money and gift cards to help make her idea happen. In all she raised \$250.00, and with the help of a local home gardener, Scott Siket, her idea became a reality. Learning in the safe and fostering environment of St. Nicholas School gives hope for a bright future for its students.

This model for education of our Ukrainian Catholic youth was a goal to work towards for Sr. John Paskevich. +Sr. John Paskevich, SSMI was Religious Director of the National Board of the League from 1987 until 1996. +Sr. John passed away on January 17, 1996. During her funeral Liturgy, homilist Fr. Walter Wysochansky reflected on +Sr. John and her constant striving for spiritual as well as educational excellence, her love of prayer, of icons, of angels, of her patron saint: St. John the Evangelist, of her constant prayerful support of the priesthood, the beauty of the church, as an educator herself her encouragement of the staff and the students to do their

best and be the best, her dedication to the Mother of God, her joy in being a Sister Servant of Mary Immaculate and most of all her love of celebrations of each and every occasion.



Left to right: Marion Hrubec, LUC President, David Holland, Principal, First Grader Erica Miller; and Fr. Paul Makar, Pastor

+Sr. John professed her first vows on April 18, 1968. With this new chapter in her life, Sr. John began a life long commitment to the Catholic education of youth. She was always eager to learn and excel, and was a perpetual student, earning two Master degrees; one in Theology the other in Educational Administration. She served as teacher and principal in many of the parochial schools in the Metroplia.

It was due to this example of +Sr. John, the educator, the one who loved her life and vocation, that the National Board of the League of Ukrainian honors her name and her work through the +Sr. John Paskevich Schools Endowment Fund.

"We cannot live without Sunday!" was the motto of the early Christians of the first centuries, and they preferred a martyr's death to agreeing under pressure from the pagans to work on Sunday. This motto we Christians of the 21st century must make our own, and we should persistently guard the holiness and inviolability of the Lord's Day. Members of a vibrant parish also actively participate in the Holy Mysteries (Sacraments). Regularly, if possible even daily, they gather for the services in praise of our Heavenly Father. They frequently go to Confession and receive Holy Communion. In a vibrant parish church organizations combine their activities with common prayer, finding in it their strength and inspiration. No less important is our private prayer - personal and family prayer - which extends and continues our liturgical prayer in the Church. Our parishes, and in them our families, must again become a school of prayer for all of our faithful. (His Beatitude Patriarch Sviatoslav)

League of Ukrainian Catholics Holds the 78th Annual Convention



This year the North Anthracite Council of the League of Ukrainian Catholics had the privilege of hosting the 78th Annual Convention in Wilkes-Barre, Pennsylvania. Balmy weather greeted the conventioners as they gathered at the Genetti Best Western Hotel for faith, fellowship, and fun. Joining the members, clergy, and women religious this year for the weekend activities was Bishop John Bura, Auxiliary Bishop of Philadelphia, stationed in Washington, DC, with a surprise appearance by the newly installed Bishop Andriy Rabyi.



“Diakonia – Serving One’s Neighbor, Serving Christ”, the theme of the 78th Annual Convention was truly timely and reflects the “Vibrant Parish” pastoral program approved and promoted by the Synod of Bishops of our Church in 2011. Indeed, this theme also reflects the motto of the League, “For God and Country” first established in 1933, and is best expressed by our Patriarch Sviatoslav in his letter of greeting to the League, “Allow me to take this opportunity to express, on behalf of our Church, sincere words of gratitude to the League of Ukrainian Catholics for decades of faithful lay service to the Ukrainian Catholic community in all four of our Eparchies in the USA. Thank you for fostering the spirit of community and fellowship, for supporting the clergy and the hierarchy in their work, and for promoting the spirituality of our Church, and education of our Byzantine Tradition in North America.”

Each of the guest speakers throughout the weekend, Rev. Walter Pasicznyk, Rev. Archpriest Daniel Troyan, Bishop John Bura, Rev. Edward Young, Rev. Marijan Procyk, National Spiritual Director, and Rev. Paul Wolensky, Convention Spiritual Director, approached ‘diakonia’ from a different viewpoint, thus offering diverse pathways



by which we come to serve our neighbors out of sincerity of the heart rather than obligation.



Least one think the entire weekend was devoid of fun, one only has to recall Fr. Dan Troyan and his version of a musical evening in Lviv - if Lviv was located in the coal-mining regions of eastern Pennsylvania, that is. Always an entertaining master of ceremonies, Fr. Dan took dinner guests on a melodious tour of our favorite Ukrainian songs, sung in country Slavonic, of course! His musical accomplices for the evening: the Supremes, Sisters Servants style. Never has a sing-a-long brought such laughter, with each table trying to out-perform the other. And then there was the unforgettable rendition of ‘Stary Danylo Maw Farmu’ (Old MacDonald Had a Farm) lyrics dutifully translated complete with sound effects, by Paul and Helen Ewasko. There wasn’t a Moo-Moo, Kvack, Kvack, Kooku-reeku, left unsung!



Perhaps one of the most moving moments of the weekend was a visit to see the Myrrh Streaming Icon of Our Blessed Mother, also known as “Kardiotissa” – the Tender Heart, at St. George Orthodox Church in Taylor, PA. Upon entrance into the church vestibule, one was overcome by the intense yet delicate aroma of roses. After the celebration of a prayerful Akathist by pastor Fr. Mark Leisure, the guests witnessed the icon and the flowing of myrrh. Each received a blessing and anointing by Fr. Mark as well as holy card of the Kardiotissa and a fragment of cotton, soaked with myrrh.



Panachyda Service for the deceased members of LUC

All too quickly the weekend was coming to an end. Sunday morning Divine Liturgy at Saints Peter and Paul Ukrainian Church in Plymouth was celebrated by Bishop John Bura with con-celebrants Fr Walter Pasicznyk (Pastor), Fr. Marijan Procyk, Fr. Edward Young, and Deacon Michael Waak. Under the able-bodied direction of Fr. Paul Wolensky, the combined choirs of Ss. Peter and Paul Church and Transfiguration of Our Lord, Nanticoke, PA Church, assisted by League members sang the responses. Following tradition, at the closing brunch the traveling Icon of Christ the Teacher and the League Welcome banner were passed on to the hosts for the 79th Convention in 2018, Niagara Frontier Council.



League of Ukrainian Catholic of America – Looking Ahead to 2018

The League National Board, the Niagara Frontier Council, and the members of the League of Ukrainian Catholics invite you to ‘shuffle off to Buffalo’ in 2018! As tradition holds this year’s Convention hosts North Anthracite Council and Convention Spiritual Director Fr. Paul Wolensky pass on the Icon of Christ the Teacher to next year’s hosts Niagara Frontier Council and National Board Spiritual Director, Fr. Marijan Procyk. Receiving the Welcome Banner from National Board President Marion Hrubec, Convention Director Dorothy Jamula, and Janina Everett are the “Buffalo Gals” Elaine Nowadly and Nadia Mark.



Contingent from Niagara Frontier Council

→ → → SAVE THE DATE: ← ← ←

79TH ANNUAL CONVENTION
LEAGUE OF UKRAINIAN CATHOLICS AND
85TH ANNIVERSARY CELEBRATION, OCTOBER
5,6,7,2018 HYATT PLACE HOTEL AMHERST, NY.
MORE DETAILS TO FOLLOW!

LENT: The Great and Holy Forty Days Fast

by Sister Olga Marie Faryna, OSBM

Now the rule of our Ukrainian Catholic Church is that we fulfill three things: Prayer, Almsgiving and fasting.

PRAYER:

The Church asks that we participate in all the Church Services such as The Presanctified Liturgy usually celebrated on Wednesday and Friday evenings. Of course we are still obligated to attend the Divine Liturgy on Sundays and Obligatory Holy Days. The Presanctified Liturgy is celebrated only during Lent.

Pope Francis suggests leaving behind “all sorts of useless baggage”. He recommends that we spend time in silence daily to be with God in order to “keep our freedom from being corroded by the banality of consumerism, the blare of commercials, the stream of empty words and the overpowering waves of empty chatter and loud shouting.” We need to find meaning outside the “false” depiction of reality created by the social media and” to rediscover what really matters” and start over from that. Perhaps this is what is needed for us to do during Lent - to spend time with God in silence. Silence before God is Prayer!

ALMSGIVING:

Almsgiving means helping others in any way that we can. Not just by giving money, food and clothing to the poor but also by spending time with someone who needs a “listening ear”. People don’t always want our advice, but by talking to someone who is non-judgmental helps them to make a decision concerning their problem. So spending time with our brother or sister is a great way of fulfilling almsgiving.

FASTING:

Fasting is usually known by our people: the First Day of Lent and Good Friday are days of black fast which means no dairy products or anything from an animal such as meat, fish and oil as well as wine. Also all Wednesdays and Fridays are days of abstinence from meat.

Someone has put this in writing concerning Lent:

Fasting without prayer and almsgiving is merely dieting.

Almsgiving without prayer and fasting is merely philanthropy.

Prayer without fasting and almsgiving is merely hypocrisy.

Also to help us spend a few minutes with God here is a calendar of the readings for everyday of Lent:

SUNDAYS OF PREPARATION

- **Zaccheus** Lk. 19:1-10
- **Publican and Parisee** Lk. 18:10-14
- **Prodigal Son** Lk. 15:11-32
- **Last Judgement** Mt. 25:31-46

LATIN COMPUTATION

6 weeks
x 6 days/week
36 days
+ 4
40 days
(Including Holy Week)

BYZANTINE COMPUTATION

6 weeks
+ 7 days/week
42 days
- 2
40 days
(Not including Holy Week)

2 days are subtracted in Byz. Comp. because Lazarus Sat. & Palm Sunday belong to the Holy Week and not to the Great Fast. The 6th Friday of the Great Fast is the last of the 40 days.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cheese Fare Rom. 13:11-14:4 Matthew 6:14-21	Isaiah 1:1-20 Genesis 1:1-13 Proverbs 1:1-20	Isaiah 1:19-2:4 Genesis 1:14-23 Proverbs 1:20-33	Isaiah 2:3-11 Genesis 1:24-2:3 Proverbs 2:1-22	Isaiah 2:11-21 Genesis 2:4-19 Proverbs 3:1-18	Isaiah 3:1-14 Gen. 2:20-3:20 Proverbs 3:19-34	Hebrews 1:1-12 Mark 2:23-3:5
Holy Images Hb. 11:24-12:2 John 1:43-51	Isaiah 4:2-5:7 Genesis 3:21-4:7 Prov. 3:34-4:22	Isaiah 5:7-16 Genesis 4:8-15 Proverbs 5:1-15	Isaiah 5:16-25 Genesis 4:16-26 Prov. 5:15-6:3	Isaiah 6:1-12 Genesis 5:1-24 Proverbs 6:3-20	Isaiah 7:1-15 Genesis 5:32-6:8 Prov. 6:20-7:1	2nd All Souls Hebrews 3:12-16 Mark 1:35-44
Paralytic Hb. 1:10-2:3 Mark 2:1-12	Isaiah 8:13-9:7 Genesis 6:9-22 Proverbs 8:1-21	Isaiah 9:9-10:4 Genesis 7:1-15 Prov. 8:32-9:11	Isaiah 10:12-20 Genesis 7:6-9 Proverbs 9:12-18	Isaiah 11:10-12:2 Genesis 7:11-8:3 Proverbs 10:1-22	Isaiah 13:2-13 Genesis 8:4-21 Prov. 10:31-11:12	3rd All Soul Hb. 10:32-38 Mark 2:14-17
Ven. of Cross Hb. 4:14-5:6 Mark 8:34-9:1	Isaiah 14:24-32 Genesis 8:21-9:7 Prov. 11:19-12:6	Isaiah 25:1-9 Genesis 9:8-17 Proverbs 12:8-22	Isaiah 26:21-27:9 Gen. 9:18-10:1 Prov. 12:23-13:9	Isaiah 28:14-22 Gen. 10:32-11:9 Prov. 13:19-14:6	Isaiah 29:13-23 Genesis 12:1-7 Prov. 14:15-26	4th All souls Hebrews 6:9-12 Mark 7:31-37
St. John Climacus Hebrews 6:13-20 Mark 9:17-31	Isaiah 37:33-38:6 Gen. 13:12-18 Prov. 14:27-15:4	Isaiah 40:18-31 Genesis 15:1-15 Proverbs 15:7-19	Isaiah 41:4-14 Genesis 17:1-9 Prov. 15:20-16:9	Isaiah 42:5-16 Gen. 18:20-33 Prov. 16:17-17:17	Isaiah 45:11-17 Genesis 22:1-18 Prov. 17:17-18:5	Akathistos Hebrews 9:24-28 Mark 8:27-31
St. Mary of Egypt Hebrews 9:11-14 Mark 10:32-45	Isaiah 48:17-49:4 Genesis 27:1-41 Prov. 19:16-25	Isaiah 49:6-10 Genesis 31:3-16 Proverbs 21:3-21	Isaiah 58:1-11 Gen. 43:26-31 Prov. 21:23-22:4	Isaiah 65:8-16 Genesis 46:1-7 Prov. 23:15-24:5	Isaiah 66:10-24 Gen. 49:33-50:26 Proverbs 31:8-31	Lazarus Hb. 12:28-13:8 John 11:1-45
Palm Sunday Philippians 4:4-9 John 12:1-18	GREAT AND HOLY WEEK					
EASTER	BRIGHT WEEK					

From Niagara Frontier Council...

LUC Sunday



On Sunday, October 29. 2017 the League of Ukrainian Catholics, Niagara Frontier Council celebrated LUC Sunday with a Liturgy at Our Lady of Perpetual Help Ukrainian Catholic Church in Lackawanna, NY. The Liturgy was celebrated by V. Rev Marijan Procyk, National Board, and Niagara Frontier Council Spiritual Director and Rev. Raymond Palko. Following the Liturgy, a buffet brunch was held at Lucarelli’s Restaurant in Lackawanna, NY. Our Council were delighted to have former National Board President MaryAnn Grimm and friend John join us for both Liturgy and brunch. Members who know Mary Ann held a chance to catch up on what was happening with her and remind her of the upcoming Convention to be held in Buffalo, this October 5,6,and 7th at the Hyatt Place Hotel in Amherst NY. Thanks were extended to Maria LaPaglia and Donna Slabyk who took care of arranging the brunch.

After seeing the animated movie, The Star



During the time of our Christmas Fast, the Religious Education students of St. Nicholas Ukr. Cath. Church, were invited to come together at a local movie theater to watch the animated movie, The Star, about a small but brave donkey and his animal friends who become the unsung heroes of the very first Christmas. The children, their parents, and their religion teachers (who are all LUC Members) and pastor, Father Marijan Procyk, thoroughly enjoyed the film, as it gave them many reasons to reflect on the true meaning of Christmas and the wondrous coming of the Christ child.

Catechetical Training program, “What Do We Believe”



From left to right:

Sitting,
Sr. Cecelia Sworin, SSMI,
LUC National Board Corresponding Secretary, Sr. Ann Laszok, OSMB, presenter, and Sr. Joann Sosler, OSMB.

Standing,
Helen Fedoriw, LUC National Board Vice President, Lori Retkwa, Carol Loden, Marion Hrubec, LUC National Board President, Marcia Bolesky, from the St. John Paul II Council, Northampton, PA.

Recently, a first-ever Catechetical Training program, “What Do We Believe”, was conducted by Sr. Ann Laszok, OSMB, at the Basilian Sisters Provincial home in Jenkintown, PA. Members of the St. Nicholas Parish (Passaic, NJ) Chapter of the League who also serve as Catechists in the parish were in attendance. All found the day-long course over two Saturdays to be a rewarding and enlightening experience. St. Nicholas Chapter-LUC recommends this program to catechists and all faithful who wish to have a deeper understanding of our Ukrainian Catholic faith. Scripture, the Catechism (Christ Our Pascha), and relevant reference materials are woven together to allow the attendees to comprehend and reflect on our relationship with God. We look forward to the April program centering on our Divine Liturgy.

After the surgery...



Helen Fedoriw, Marion Hrubec, Sr. Cecelia Sworin, Kathy Notarfrancesco

LUC National Board representatives stopped by to visit with St. John Paul II Council member Kathy Notarfrancesco who is recuperating at the Sisters of St. Basil Infirmary following surgery to repair an injury to her left foot. Kathy insists the injury cannot be attributed to too much enthusiastic dancing at our Convention this past October. We thank Sr. Theodosia Lukiw, OSMB, and her steady hand while taking this picture. Please keep Kathy in your prayers for a speedy recovery, and perhaps more dancing at this year’s convention in Buffalo, only a mere 8 months away!

May Kathy recover as soon as possible with Help from the Above!

**His Holiness Pope Francis
visited the Basilica of Santa Sophia, Rome, Italy**



During a historic visit Sunday to Santa Sophia (Holy Wisdom), the national church of Ukrainian Greek Catholics in Rome, January 28, Pope Francis said that he was near to, and praying for, Ukraine, also encouraging them to not lose hope.

"I understand that, while you are here, the heart throbs for your country, and not only palpitates with affection, but also with anguish, especially for the scourge of war and economic difficulties," the Pope said Jan. 28.

"I am here to tell you that I am close to you: close with the heart, close with prayer, close when I celebrate the Eucharist. I pray that hope may never be extinguished in the hearts of each person, but that the courage to go forward, to always start again, is renewed."



Pope Francis listened to an address by Major Archbishop Shevchuk before speaking to the Ukrainian Greek Catholic community gathered in the church, as well as those watching outside on screens.

"Together with the Ukrainian Greek Catholic communities throughout the world, you have clearly expressed your pastoral program in one sentence: The living parish is the meeting place with the living Christ," he said.

From this, he said he wanted to draw attention especially to two words: meeting and living.

The Church, he explained, is a place of meeting, a place to overcome the temptation to loneliness and isolation, a place "where to share joys and hardships, where to carry the burdens of the heart, the dissatisfactions of life and homesickness."

The second word is 'living.' Jesus is the living, he said. "He is risen and alive and so we meet him in the Church, in the Liturgy, in the Word. Every one of his communities, then, can only smell of life."

Pope Francis also encouraged the youth to be present in the life of the parish, saying "young people need to participate in the Church."



He also spoke off-the-cuff about the importance of Ukrainian mothers and grandmothers for transmitting the faith. Praising their strength, he said, "Ukrainian women are heroic."

His Holiness mentioned three great figures: cardinals Josyp Slipyj and Liubomyr Husar and Salesian bishop Stepan Czmil - whom he knew personally - buried in the basilica's crypt.



"A person who has done me so much good," said Pope Francis speaking of Mons Czmil. "Indelible in me is the memory of when, as a youngster, I was twelve years old, I attended his masses; he taught me to serve mass, to read the alphabet, to answer the various parts ...; I learned from him, in this service at mass he did three times a week, the beauty of your liturgy; from his stories

the living testimony of how much faith has been tried and forged in the midst of the terrible atheistic persecutions of the last century. I am very grateful to him and to your many 'heroes of faith': those who, like Jesus, sowed in the way of the cross, generating a fruitful harvest. Because the true Christian victory is always in the sign of the cross, our banner of hope."

Speaking again of mgr. Czmil and cardinals Slipyj and Husar, the Holy Father added: "Witnesses to the past have been open to the future of God and therefore give hope to the present. Many of you may have had the grace to know them ... Remember the fathers and mothers in the faith, because they are the foundations that support us: those who have taught us the Gospel with their lives still orient us and accompany us on our journey."

Subsequently, Pope Francis went to the crypt of the Basilica and stood for a few minutes in silent prayer before the remains of Msgr. Czmil, who educated young Bergoglio in the Eastern rite when he was a missionary in Argentina, in 1948. (CNA/EWTN) & (ANS - Rome)

"Father Stefan was so holy, that his holiness was not evident; it really resided in him, and emanated from him in his own fashion, irradiating those who came in contact with him." (Patr. +L. Husar)

**PASTORAL OF THE
UKRAINIAN CATHOLIC HIERARCHY OF THE U.S.A.
"CALL TO PRAYER IN OUR FAMILIES"
TO OUR CLERGY, HIEROMONKS AND BROTHERS,
RELIGIOUS SISTERS, SEMINARIANS AND
BELOVED FAITHFUL.**



The Lord, who loves every human being in the world, gifted each one of us with a unique and unrepeatable life. When we contemplate our life, then we see how much effort we expend in order to feel happy. In this materialistic world, each one of us associates his/her happiness with one thing or another. All of us achieve something, however nothing satisfies us, and again, we apply immense effort to obtain and achieve the next perception of "happiness".

This is the way the rest of our entire life could pass us by. The problem is that we identify ourselves with our body and aspire to attain happiness on the physical level. However, the human being is comprised not only of a body, because there is also a soul. That is why, Saint Augustine, reflecting on this understanding of our nature, says: "My heart is restless until it finds its rest in the Lord". Our dwelling with the Lord, our prayer, fills us with the understanding as to how and what we should do, what to avoid, and how to build relationships with people. In this manner, we begin to be ever more aware of what God really wants of us in this case or in a different situation. The quality of our prayer may be seen from the way we are afterwards. Our prayer puts an imprint on our entire life!

We can frequently think that conversation with God, which is prayer, is a useless waste of time. The reason might also be that we ourselves do not completely understand how important it is for us to abide with our Creator. We are materialistic because we live in this materialistic world. Throughout life, we devote much time to everyday matters or concerns, although we see how little time we spend in prayer. Very often, owing to a lack of prayer, we stumble upon a mistaken conviction and make the incorrect choice. We can be certain that the root of all our negative conditions, problems, and crisis is the same — neglect of prayer. From personal experience, each one of us knows that, when we are "watchful" about prayer, then everything else also goes well, in harmony and uniformity with God.

Exactly for this reason we call upon all Christian families to nurture shared morning and evening prayer in the family circle. Especially we encourage you to gather together and pray as a family in your homes at 9:00 o'clock in the evening (regardless of time zones). We should pray, each one for their needs: for the family as well as the parish, for the eparchy and the entire Church, for peace

in Ukraine and USA, for vocations and other intentions. Therefore, let us begin this year with prayer together, with reflection on God's Word, in selfless service to one another and with trust in God!

As a basis for our prayer we can use the "Introductory Prayers" starting with "Heavenly King", through the "Our Father" and adding the "Hail Mary".

Introductory Prayers

In the name of the Father and of the Son, and of the Holy Spirit. Amen. *(Three times.)*

Glory be to You, our God; glory be to You!

O Heavenly King, Comforter, Spirit of Truth! You are everywhere present and fill all things. Treasury of Blessings and Giver of Life, come and dwell within us, cleanse us of all stain, and save our souls, O gracious Lord.

Holy God, holy and mighty, holy and immortal, have mercy on us. *(Three times.)*

Glory be to the Father +and to the Son, and to the Holy Spirit, now and ever, and forever. Amen.

O Most Holy Trinity, have mercy on us; O Lord, cleanse us of our sins; O Master forgive our transgressions; O Holy One, come to us and heal our infirmities for your Name's sake.

Lord, have mercy! *(Three times.)*

Glory be to the Father + and to the Son, and to the Holy Spirit, now and ever, and forever. Amen.

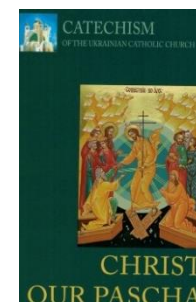
Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation but deliver us from evil.

Hail Virgin Mary, Mother of God, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb; for you gave birth to Christ, the Savior and Redeemer of our souls.

We also encourage our pastors to facilitate weekly or periodic prayer meetings with the faithful. It can be an opportunity to share experiences about prayer and to grow in our faith. The Catechism of the Ukrainian Catholic Church can serve as an excellent source for learning and reflection on our faith. Excerpts read during the prayer meetings and before or after our worship gatherings may facilitate greater insight into the power of faith in our daily life.

Your hierarchy of the Ukrainian Catholic Church join in solidarity with you with our fervent and steadfast prayers offered for all. Let us gather in our families at home, and in our parish and eparchial families for shared prayer. We love you and we pray for you.

+Stefan Soroka, Archbishop of Philadelphia for Ukrainians
Metropolitan of Ukrainian Catholics in the United States
+Paul Chomnycky, OSBM, Eparch of Stamford
+Benedict Aleksyichuk (author), Eparch of St. Nicholas, Chicago
+ Bohdan J. Danylo, Eparch of St. Josaphat in Parma
+John Bura, Auxiliary Bishop of Philadelphia
+Andriy Rabyi, Auxiliary Bishop of Philadelphia



Catechism "Christ our Pascha"

We all should purchase this book and study it to reinforce our Faith.

Book is available through Stamford Eparchy, Parma Eparchy and the Byzantine Church Supply store in Philadelphia.

Browse: .pdf on line

<http://catechism.royaldoors.net/catechism/>