



St. Nicholas Ukrainian Catholic Church

2410 - 4th Ave. Watervliet, NY 12189 Tel: 518-273-6752

Web: www.cerkva.com E-mail: office@cerkva.com

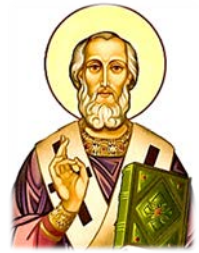
Facebook Page - <https://www.facebook.com/cerkvaNY>

Pastor: Rev. Mikhail Myshchuk

Deacon: Rev. Deacon Thomas Gutch

Trustees: Nicholas Fil & Irene Skalij

Cantor - Olesia Verzole



Mar 16, 2025

Mar 23, 2025

Glory Be to Jesus Christ! Glory Forever!

Слава Ісусу Христу! Слава На Віки!

Tone 2

Tone 3

Divine Liturgies March 16, 2025

Sun	9:00 AM	+ Hieromonk Ivan Regusevych	(in UKR)	By Myshchuk family
	10:40 AM	- Rosary	(in ENG)	
	11:00 AM	- За всіх парафіян - For all parishioners	(in ENG)	
Mon	9:30 AM	- Moleben to the Mother of God For health & God's blessing of K. Dremalas)		By J. Chakonas
	10:15 AM	- OMPHS Meeting		
Tue	9:00 AM	- Akathist for the Deceased (+ George Chakonas)		By J. Chakonas
Wed	9:00 AM	- Presanctified Gifts Liturgy (For health of O. Zendran)	(in UKR)	By J. Chakonas
Thu				
Fri	5:30 PM	- Presanctified Gifts Liturgy (+ B. Drabik and deceased of family)	(in ENG)	By J. Chakonas
Sat	7:45 AM	- Confessions with Fr. Mikhail		
	8:30 AM	- Memorial Saturday (Поминальна Субота) + Sorokousty		
	5:00 PM	- Vespers		

Divine Liturgies March 23, 2025

Sun	9:00 AM	- За всіх парафіян - For all parishioners	(in UKR)	
	10:30 AM	- Rosary	(in ENG)	
	11:00 AM	+ William H. Keniry	(in ENG)	By M M Keniry & family
Mon		Annunciation of Theotokos		
	6:00 PM	За всіх парафіян - For all parishioners	(in Eng)	
Tue		Благовіщення Богородиці		
	9:00 AM	+ Maria Myshchuk (Death Anniv.) & deceased of Myshchuk family	(in UKR)	by Myshchuk family
Wed	9:00 AM	- Presanctified-Gifts Liturgy (God's blessing Fr. V. Marusceac & fam.)	(in UKR)	By Myshchuk family
Thu				
Fri	5:30 PM	- Presanctified Gifts Liturgy (+ Mary Parker (40 th Day)	(in ENG)	By Gutch family
Sat	7:45 AM	- Confessions with Fr. Mikhail		
	8:30 AM	- Memorial Saturday (Поминальна Субота) + Sorokousty		
Sun	9:00 AM	+ Anna Gebuza (1 st Year Anniversary of death)	(in UKR)	By D. Andreiczak & fam.
	10:30 AM	- Rosary	(in ENG)	
	11:00 AM	- За всіх парафіян - For all parishioners	(in ENG)	

Readings of the week are :

The Saints of the week are:

Sun	Heb 1:10-2:3	Mk 2:1-12	Sun	H.M. Sabinus & Papas (2 nd Sun of Lent)
Mon	Gen 6:9-22	Prov 8:1-21	Mon	V.F. Alexis, Man of God St.Mary of Egypt
Tue	Gen 7:1-5	Prov 8:32-9:11	Tue	H.F. Cyril, Archb. Of Jerusalem
Wed	Gen 7:6-9	Prov 9:12-18	Wed	H.M. Chrysanthus & Daria
Thu	Gen 7:11-8:4,	Prov. 10:1-22,	Thu	V.F. Martyred by Sabbas
Fri	Gen 8:4-21	Prov 10:31-11:12	Fri	V.F. & C. James, Bishop of Catania
Sat	Heb 10:32-38	Mk 2:14-17	Sat	H.P.-M. Basil, Priest of Ancyra Et Al
Sun	Heb 4:14-5:6	Mk 8:34-9:1	Sun	H.P.-M. Polycarp, Bishop of Smyrna (3 rd Sun of Lent)
Mon	Gen 8:21-9:7	Prov. 11:18-12:6	Mon	V.F. Zachary; H.F.Artemon, Bishop
Tue	Heb 2:11-18	Luke 1:24-38	Tue	Annuciation of Mother of God & Ever Virgin Mary
Wed	Gen 9:18-10:1	Prov 12:23-13:9	Wed	Synaxis of Archangel Gabriel;
Thu	Gen 10:32-11:9	Prov 13:19-14:6	Thu	H. Mother Matrona
Fri	Gen 12:1-7	Prov 14:15-16	Fri	V.F. Hilarion the New; H. Stephen, the W/W
Sat	Heb 6:9-12	Mk 7:31-37	Sat	V.F. Mark, H.M. Cyril
Sun	Heb 6:13-20	Mk 9:17-31	Sun	V.F. John Climacus

Liturgical Singing			
	Opening Song	Closing Song	
Mar 16	We Are Gathered - (pg 1)	As We Leave This Place of Worship - (pg 2)	
Mar 23	Plyvy svitamy - (pg 8)	Stradalna Maty - (pg 56)	
Mar 30	Come Now To Us - (pg 10)	Poklonyayusia Mij Xryste - (pg 58)	

	Ushers		Epistle Readers	
	1 Liturgy	2 Liturgy	1 Liturgy	2 Liturgy
Mar 16	N.Fil T.Myshchuk V.Slobodian	C. Lee, T. Lee	A. Knauss	C. Hoffman
Mar 23	N.Verzole W.Verzole D.Filak	K Fazioli, J. Fazioli	V. Holovashchenko	I. Skaliij
Mar 30	V.Holovashchenko N.Chevinka O.Bertsch	J. Skaliij I.Skaliij	J. Seneta	P. Gutch

1. **Parish Membership**—Anyone interested in becoming a registered member should call the Church Office at 273-6752 or e-mail office@cerkva.com or speak with Fr. Mikhail.

2. **Parish Mission and Confessions** — scheduled **April 11-13**. The mission will be given by **Rev. Martin Chomiw**. Mark your calendar and plan to attend.



Catholic Church teaches that every Catholic is to receive the Mysteries of Repentance & Eucharist at least once a year, during the Lenten/Easter season. Confession will be available with **Fr. Martin Chomiw** every day of the Mission.

3. **All Souls Saturdays - SOROKOUSTY** - This year the memorial service for the deceased – Sorokousty – will be held on following Saturdays: **Feb. 22nd, March 15th, 22nd, 29th, and June 7th**. If you wish to join us for the memorial prayers, and wish us to remember and pray for the deceased members of your families and your loved ones, please provide us with a list of names for commemoration at the memorial services (Sorokousty) on All Soul's Saturdays.



4. **PASKA & EASTER BREAD PRESALE FOR PARISHIONERS:** - Parishioners will have the opportunity to order and pick up paska and Easter loaves ahead of the Food Sale scheduled on April 12th. Order forms are available in the church foyer. Please complete all necessary information. Place form along with check or cash payment in the envelope provided. Drop in the church collection basket or at the rectory no later than Sunday, March 23rd. **PICK UP - March 30th after each Liturgy**. Reach out to Olya Myshchuk or Irene Skaliij if you need assistance.



5. **Our Mother of Perpetual Help Meeting** – is scheduled for **Monday, March 17 at 10:15 am**
6. **Presanctified Gift Liturgy** - During Lent, the Presanctified Gift Liturgy will be offered on Wednesday in Ukrainian and on Friday in English. Please make all efforts to come.
7. **Liturgy of St. Basil the Great** - will be celebrated every Sunday during the Great Fast. Except for some minor differences, it is the same as the Liturgy of St. John Chrysostom. The difference lies in the silent prayers, which add about 15 minutes to the Liturgy. The chants sung by the Cantor are more involved to cover what otherwise would be an extended period of silence.
8. **Prayers and Sacraments for the sick** - If a family member is seriously ill at home or in a hospital, or unable to come to Church and would like to receive the Holy Sacrament of Confession and or Holy Communion, please call the parish office to arrange pastor's visit
9. **Receiving Holy Communion** - Please come forward, tilt your head backward slightly, and open your mouth wide (do not stick out your tongue, and do not say "Amen"). After receiving the Holy

Eucharist, close your mouth, consume the Holy Eucharist, and return to your place.



TRADITIONAL EASTER FOOD SALE

Saturday, April 12, 2025

Proceeds to benefit humanitarian aid to Ukraine

Schedule - PYROHY Preparation

Tuesday 4/08/25	8:00 am	Onions Preparation	Marika Fil 518-445-5279
Friday, 4/11/25	8:00 am	Potato Peeling	Ann M. Hakeem 518-279-1438
	9:00 am	Potato Cooking & Prep	Natalka Verzole/Adrienne Fil
Saturday 4/12/24		PYROHY MAKING:	Natalka Verzole 518-860-3684 / Natalka.Verzole@gmail.com

- **Volunteers - PLEASE come at times designated!**

Sign up sheet will be posted or please contact Natalka Verzole by phone or email.



	6:00 am	Potato Ball Making	
	7:00 am	Dough Cutting Station	
	7:00 am	Runners	
	7:30 am	Pinchers	
	9:00 am	Cooking/Packing	(church hall & club)
	2:00 pm	Sales Staff:	
		Clean Up Shifts	7:00 am - 12:00 pm 12:00 pm - 3:00 pm 3:00 pm - 6:00 pm

**Everyone's help is appreciated!
THANK YOU**

EASTER FOOD SALE

TRADITIONAL UKRAINIAN CUISINE

**SATURDAY
APRIL 12**

**PICKUP
3:00 - 6:00PM**

NO WALK-INS! PREORDERS ONLY!



ALL PROCEEDS
TO BENEFIT
HUMANITARIAN
AID
TO UKRAINE

ORDERING WILL BE OPEN MARCH 1 - APRIL 6

WWW.CERKVA.COM | 518-326-0067



З любові до нас, Вживаючи Хрест як перо, ти підписав наказ прощення царською багряною фарбою, своєю дорогоцінною кров'ю. Через Хрест Ти дарував нам радість Царства, через Хрест ми перейшли до безсмертної радості і стали піднесені із землі до неба, через хрест армія пекла проклята І знищенна зовсім. Нехай усі дерева лісу танцюють та співають, споглядаючи на свого брата, Дерево-Хрест Христа

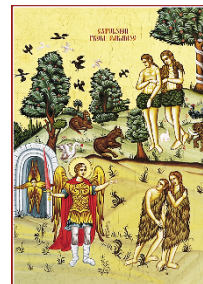
1. **Реєстрація** – Вітаємо гостей до нашої Церкви. Ласкаво просимо усіх бажаючих стати членами парафії, повідомити церковний офіс 273-6752 / office@cerkva.com.
2. **Завіщання:** Пам'ятайте про вашу парафіяльну Церкву Св. о. Миколая у вашому заповіті.
3. **Парофіяльні Місії** – з **отцем Мартином Хомівим від 11-го до 13-го квітня**. Зазначіть це у календарі. Зкористайтесь нагодою приступити до Сповіді **в суботу та у неділю**. Церква зобов'язує вірних приступити до св. Тайни Сповіді та Св. Причастя бодай раз у рік у часі Великого Посту та Великодня. 
4. **Поминальні Суботу -Сорокоусти:** Цього року поминальні відправи – Сорокоусти – будуть відправлятися у наступні суботи: **22-го лютого, 15, 22, 29-го березня та 7-го червня**. Просимо подати нам імена ваших рідних та близьких щоб ми молитися за них в часі заупокійних відправ у Поминальні Суботи.
5. **Збори Церковної Орг. «Наша Мати Неустанної Помочі»** – у понеділок 17 березня о 10:15 год. ранку в церковній залі.
6. **Служба Ранішеосвячених Дарів** – відправлятиметься в часі Великого Посту у кожную середу (Укр) і у п'ятницю (Анг). Ласкаво просимо усіх на молитву до церкви.
7. **Продаж Пасок для Парафіян** - Парафіяни матимуть можливість замовити паски та хліб заздалегідь. Форми для замовлень в притворі церкви. Заповнену форму разом із оплатою можна залишити разом і вашими пожертвами у церкві в неділю або вислати до церковного офісу не пізніше неділі, 23 березня. Замовлення можна буде отримати у неділю 30 березня після кожної Літургії. За допомогою звертатись до Олі Мищук або Ірини Скалій. 
8. **Приймання Святого Причастя:** Підійдіть, станьте рівно, трохи відхиливши назад голову відкрийте широко уста (не висуваючи язик). Опісля, як запричащалися, закрийте уста, спожийте Святі Дари та поверніться до свого місця.

Чому у світі стільки зла?

Замість гармонії і співпраці — бажання діяти лише задля власної вигоди. Зло — наслідок гріха: бажання стати, як Бог, без Бога і всупереч Богу.

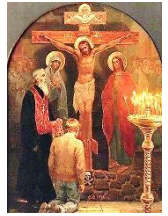
Зло — наслідок зловживання свободою. Відмовляючись від добра, людина стає залежною від зла. Втрачаючи зв'язок із Богом, людина відпадає від Джерела життя. В цьому її гріх і, як наслідок, смерть. Біблійна розповідь представляє швидке поширення зла і ворожнечі між людьми. Відкидаючи добро, людина віддаляється від Бога, стає залежною від зла.

Гріхопадіння має особисті, суспільні і глобальні наслідки. Віддаляючись від Бога, людина не здійснює свого покликання і ролі у світі. Намагаючись самоутвердитися всупереч усім, примножує ворожнечу, сіє суспільний безлад і може призвести до катастроф.



HELPFUL GUIDELINES FOR CONFESSION

Before confession one should attempt to recall all the sins which one has committed voluntarily or involuntarily. One must attentively reexamine one's life in order to recall not only those sins committed since the last confession, but also those which have not been confessed through forgetfulness or shame. Then, with compunction and a contrite heart, approach the Cross and the Gospel and begin the confession of your sins.



1. Confess your sins honestly, remembering that you open them not to a man, but to God Himself. God knows your sins already and only wants your admission. You should not be embarrassed before the priest for he is a person just as you are. He knows human shortcomings well, and a person's tendency towards sin. Never feel embarrassed to confess before the priest. You will never lose his good opinion; on the contrary, your spiritual father will have all the more love for you when he sees your open, honest confession.
2. Be specific when you confess, listing all your sins separately. St. John Chrysostom says: "One must not only say: I have sinned, or I am sinful, but one must declare each type of sin." "The revelation of sins," says St. Basil the Great, "is subject to the same law as the declaration of physical ills..." The sinner is spiritually ill, and the spiritual father is the physician or healer. It stands to reason that one must confess or tell about one's sins in the same way as one who is physically ill describes the symptoms of his illness to a physician from whom he expects to receive healing.
3. Do not mention anyone else during confession, i.e. do not complain about anyone or confess anyone else's sins. When you fall into this trap you no longer are confessing your own sins, but are bordering on judgment of others.
4. Do not attempt to justify yourself in any way during confession: blaming weakness, custom, etc. The more one justifies himself during confession, the less one is justified by God. The more one honestly denounces, judges and accuses oneself, the more one is justified in the eyes of God.
5. When questioned by the priest, answer honestly and try your best to remember your sins. If the priest asks questions he is not trying to embarrass you, but is trying to help you come to a deeper sense of repentance and closeness to God.
6. Unless asked by your spiritual father, do not list the sins you have not committed or things you have not done. By doing this, we can become like the Pharisee of the Gospel.
7. You must confess with sorrow and a contrite heart the sins by which you have grieved our Lord God. And you must always confess with a sense of remorse and seriousness, never casually, or in laughter.
8. Confess your sins with faith in Jesus Christ, and with hope in His mercy. Only with faith in Jesus Christ and hope in Him can each of us receive forgiveness of our sins. Without faith, we cannot receive remission. An example of this is Judas—who was remorseful of what he did, but did not have faith in Jesus, nor hope in His mercy, and thus ended his own life.
9. Finally, it is important to say something about what is often called: *'the seal of confession'*. The Church of Christ binds the priest to reveal nothing of what is said in the context of your sacramental confession (even in a civil court of law!) So be at peace...

Prayer Before Confession (from a monk of the Eastern Church...)

Lord Jesus Christ, my Saviour and my God, You Who know the dark depths of my sinful and rebellious heart and yet still earnestly desire my salvation. Through the prayers of Your All-Pure Mother, the Theotokos and Ever-Virgin Mary, by the power of the precious and life-creating Cross, the protection of the honorable, heavenly incorporeal powers and all the saints, grant unto me the grace of a good confession. Remove the guilt of my sins, heal my soul and refresh me with Your salvific blessing that renews Your baptismal life within me. For You are the One Who both knows us best and loves us most, and we give glory to You, and to Your beginningless Father, and to Your All-Holy Good and Life-creating Spirit, now and ever and for ages of ages. Amen.

Baptism and Membership in the Church



When Jesus had accomplished everything he set out to do, and was about to return to the Father, he commissioned the Disciples, saying: "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age" (Matthew 28: 18-20).

Through baptism, we become members of the body of Christ, that is, the Church.

Through baptism, we are constituted as the people of God.

Through baptism, we participate in the priestly, prophetic, and royal function of Christ.

Through baptism, we are called to exercise the mission which God has entrusted to the Church to fulfill in the world: to tell others the Good News of the Father's love

and mercy.

How seriously do we take our baptismal call?

From Baptism to Christian Discipleship

All too often today, we go through the motions of being followers of Christ. We attend Divine Liturgy on occasion. We call upon the pastor for First Holy Communion, a wedding or a funeral. We bless pussy willows, our Easter baskets, and undertake similar activities.

Perhaps influenced by the secular world around us, we have become consumers of the services provided by the parish, adopting an attitude of "*What's in it for me?*" or "*Go ahead, entertain me.*"

Rather, through baptism, our membership in Christ's Church calls for a commitment on the part of each of us **to cultivate** a personal relationship with Jesus, **to foster** our prayer life, and to use our God-given gifts of time, talent and treasure in the **building up** of the Christian community.

In other words, the rights we inherit as members of the Church are balanced by an equal obligation to continue the mission of Christ entrusted to our care.

Baptism means being a disciple of Christ. ***And being a disciple of Christ comes with certain expectations related to my membership in a given parish.***

Parish Membership and Expectations

What then does it mean to be a parishioner? What are the expectations?

As a result of my baptism, in practicing my Christian discipleship, I am expected as a registered member of my parish to:

- regularly attend and participate in the Sunday Divine Liturgy, together with my family;
- regularly participate in the liturgical and sacramental life of the Church;
- develop and practice an ongoing personal/family prayer life;
- witness to the teachings of the Church by the manner of my living life;
- practice stewardship of my time, talent, and treasure in service to the mission of the Church;
- acknowledge, as a registered member, that I am to be a participant in serving the mission of the parish rather than being only a spectator; and
- realize the necessary and ongoing importance of love, generosity, faith, and family.

Christ comes into the world to tell us of the mercy and love of the Father. Through baptism, we say: "yes, Lord, I choose to follow you by becoming an active disciple and parishioner. Thank you for the opportunity to serve you and my neighbor. Bless me!"

Originally published on; May 1, 2016 by the Eparchial Pastoral Council.



2nd Sunday of Lent: St. Gregory Palamas Sunday;

Troparion (Tone 2): *Troparion, Tone 2: When You went down to death, O Life Immortal,* You struck Hades dead with the blazing light of Your divinity.* When You raised the dead from the nether world,* all the powers of heaven cried out:* "O Giver of Life, Christ our God, glory be to You!"*

Troparion (8): *Light of orthodoxy, teacher of the Church; its confirmation!* Ideal of monks and invincible champion of theologians.* Wonder-working Gregory, glory of Thessalonica and preacher of grace:* always intercede before the Lord that our souls may be saved!*

+ Glory be to the Father, and to the Son, and to the Holy Spirit, Now and for ever and ever: Amen.

Kontakion (Tone 4): *The time for action is now revealed;* the Judge is at the door.* Let us rise then and keep the fast,* offering tears of contrition with alms and crying aloud:* Our sins are more numerous than the sands of the sea,* but forgive us, O Maker of all, that we may receive incorruptible crowns.*

Prokeimenon (5): *You, O Lord, will guard us and will keep us* from this generation, and for ever (Ps 11).*

verse: *Save me, O Lord, for there is no longer left a just man (Ps 11:2).*

Epistle (Hebrews 1:10-2:3) (Sunday): *'In the beginning, Lord, you founded the earth, and the heavens are the work of your hands; they will perish, but you remain; they will all wear out like clothing; like a cloak you will roll them up, and like clothing they will be changed. But you are the same, and your years will never end.'* But to which of the angels has he ever said, 'Sit at my right hand until I make your enemies a footstool for your feet'? Are not all angels spirits in the divine service, sent to serve for the sake of those who are to inherit salvation? Therefore we must pay greater attention to what we have heard, so that we do not drift away from it. For if the message declared through angels was valid, and every transgression or disobedience received a just penalty, how can we escape if we neglect so great a salvation? It was declared at first through the Lord, and it was attested to us by those who heard him.

Alleluia (5): *The Lord will hear you in the day of tribulation; the name of the God of Jacob will shield you.*

verse: *Lord, grant victory to the king and hear us in the day that we shall call upon You. (Psalm 19:2,10)*

Gospel: (Mark 2:1-12) (Sunday): *At that time, when Jesus returned to Capernaum after some days, it was reported that he was at home. So many gathered around that there was no longer room for them, not even in front of the door; and he was speaking the word to them. Then some people came, bringing to him a paralysed man, carried by four of them. And when they could not bring him to Jesus because of the crowd, they removed the roof above him; and after having dug through it, they let down the mat on which the paralytic lay. When Jesus saw their faith, he said to the paralytic, 'Son, your sins are forgiven.' Now some of the scribes were sitting there, questioning in their hearts, 'Why does this fellow speak in this way? It is blasphemy! Who can forgive sins but God alone?' At once Jesus perceived in his spirit that they were discussing these questions among themselves; and he said to them, 'Why do you raise such questions in your hearts? Which is easier, to say to the paralytic, "Your sins are forgiven", or to say, "Stand up and take your mat and walk"? But so that you may know that the Son of Man has authority on earth to forgive sins'— he said to the paralytic— 'I say to you, stand up, take your mat and go to your home.' And he stood up, and immediately took the mat and went out before all of them; so that they were all amazed and glorified God, saying, 'We have never seen anything like this!'*

Instead of "It is truly...": *In you, O Full of Grace, all creation rejoices: the angelic ranks and all the human race. Sanctified temple and spiritual paradise, virgins' pride and boast, from whom God is made flesh and became a little Child; and He who is our God before the ages, He made your womb a throne, and He made it wider than all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.*

Communion Verse: *Praise the Lord from the heavens;* praise Him in the highest (Ps 148:1).*

2-а Неділя Посту. Неділя, Святого отця Григорія Палами.



Тропар (г.2): Коли зійшов Ти до смерті, Життя безсмертне,* тоді ад умертвїв Ти зблиском божества.* Коли ж і умерлих із глибін підземних воскресїв Ти,* всі сили небесні взивали:* Життедавче, Христе Боже наш, слава Тобі.

Тропар (глас 8): Православ'я наставнику, святителям окрасо,* богословам переможного переможця,* Григоріе чудотворче, Солуня велика похвало, проповіднику благодаті,* моли Христа Бога, щоб спаслися душі наші.

+Глава Отцю, і Сину, і Святому Духові. І нині, і повсякчас, і на віки вічні. Амінь.

Кондак (глас 4): Нині час для діянн явився,* при дверях суд,* востаньмо, отже, постачіся* принесім сльоби благання з милостинням, взиваючи:* Ми согрішили більше піску морського,* алє ослабї, Творче всіх, щоб ми прийняли нетлінні вінці.

Прокімен (5): Ти, Господи, збережеш нас* і захистиш нас від роду цього і повік (Пс11,8).

ґтих: Спаси мене, Господи, бо не стало праведного. (Пс. 11,2).

Апостол: (Євр1,10-2,3) (Неділя): «Ти, Господи, напочатку заснував землю і небеса – діло рук твоїх. Вони загинуть, ти ж перебуваєш; усі, мов одежа, постаріються. Ти їх, неначе одєжину, згорнеш і, немов одежа, вони зміняться. Ти ж – той самий, і літа твої не скінчаться.» До кого з ангелів він коли мовив: «Сідай праворуч мене, доки не покладу твоїх ворогів підніжком під твої ноги?» Хіба ж не всі вони служебні духи, що їх посилають до послуг тим, які мають успадкувати спасіння? Тому ми мусимо вважати дуже пильно на те, що почули, щоб, бува, нас не знесло з дороги. Бо коли слово, оголошене ангелами, було таке зобов'язуюче, що всякий його переступ і непослух приймав справедливу кару, то як утечемо ми, коли занедбаємо таке велике спасіння? Воно, спочатку проповідане Господом, було підтвержене нам тими, щойого чули.

Анлауя : Хто живе під охороною Всевишнього, під покровом Бога небесного оселиться (Пс 90).

ґтих: Скаже він Господеві: Ти заступник мій і пристановище моє, Бог мій, на котрого я надіюся.

Євангеліє: (Мр2,1-12) (Неділя): У той час коли прийшов Ісус до Капернауму, чутка пішла, що він у домі. І там зібралося стільки народу, що не було більш місця, навіть перед дверима; а він промовляв до них словом. І от прийшли до нього, несучи розслабленого; несли його четверо. А що із-за народу не могли донести до нього, розкрили стелю над місцем, де він був, й отвором спустили ліжко, на якому лежав розслаблений. Ісус, уздрівши їхню віру, до розслабленого й каже: "Сину, відпускаються тобі твої гріхи." А були й деякі книжники, що сиділи там та міркували собі: "І як може цей так говорити? Він богохульствує! Хто може прощати гріхи, крім одного лише Бога?" Ісус же, вмить збагнувши духом, що вони таке собі думають, до них і каже: "Чого таке ось намислюєте у ваших серцях? Що легше – сказати розслабленому: Відпускаються тобі гріхи, а чи сказати: Встань, візьми твоє ліжко й ходи? Та щоб ви знали, що Син Чоловічий має владу на землі гріхи відпускати, – мовить до розслабленого: Кажу тобі: Встань, візьми твоє ліжко і йди до свого дому." Устав той – і зараз же, взявши ліжко, вийшов на очу всіх; тож чудувалися всі, хвалили Бога й мовляли: "Ніколи ми такого не бачили!"

Замість Достойно: Тобою радується, Благодатная, всяка твар, ангельський собор і чоловічеський рід, освящений храм і раю словесний, дівственна похвало, що із неї Бог воплотився і младенцем став – перед віками сущий Бог наш. Лоно бо твоє престолом сотворив і утробу твою просторішою небес учинив. Тобою радується, Благодатная, всяка твар, слава тобі.

Причасний: Хваліте Господа з небес,* хваліте Його на висотах(Пс148,1). Апилуя (х3).

Third Sunday of the Great Fast: Veneration of the Holy Cross



Troparion (3): Let the heavens be glad, let the earth rejoice, for the Lord has done a mighty deed with His arm. He trampled death by death; He became the firstborn of the dead; He saved us from the abyss of Hades and granted great mercy to the world.

Troparion (1): Save your people, O Lord, and bless Your inheritance.* Grant victory to Your faithful people against enemies,* and protect Your community by Your cross.

+ **Glory be to the Father, and to the Son, and to the Holy Spirit, Now and for ever and ever: Amen.**

Kontakion (Tone 7): No longer does the flaming sword guard the gate of Eden;* the tree of the Cross has quenched its flames gloriously.* The sting of death and the victory of Hades are banished,* and You, O my Saviour, came and called to those in Hades: "Return again to Paradise!"

Instead of "Holy God": To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection.

Prokeimenon (6): Save Your people, O Lord, and bless Your inheritance.

verse: Unto You I will cry, O Lord my God, lest Your turn from me in silence.

Reading of the Epistle of St. Paul to the Hebrews Epistle (Hebrews 4:14-5:6): Therefore, since we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who has similarly been tested in every way, yet without sin. So let us confidently approach the throne of grace to receive mercy and to find grace for timely help. Every high priest is taken from among men and made their representative before God, to offer gifts and sacrifices for sins. He is able to deal patiently with the ignorant and erring, for he himself is beset by weakness and so, for this reason, must make sin offerings for himself as well as for the people. No one takes this honor upon himself but only when called by God, just as Aaron was. In the same way, it was not Christ who glorified himself in becoming high priest, but rather the one who said to him: "You are my son; this day I have begotten you"; just as he says in another place: "You are a priest forever according to the order of Melchizedek."

Alleluia (6): Remember Your congregation which You acquired from the beginning.

verse: But God is our king before the ages; He has wrought salvation in the midst of the earth.

Gospel: (Mark 8:34-9,1): At that time, He summoned the crowd with his disciples and said to them, "Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake and that of the gospel will save it. What profit is there for one to gain the whole world and forfeit his life? What could one give in exchange for his life? Whoever is ashamed of me and of my words in this faithless and sinful generation, the Son of Man will be ashamed of when he comes in his Father's glory with the holy angels." He also said to them, "Amen, I say to you, there are some standing here who will not taste death until they see that the kingdom of God has come in power."

Instead of "It is truly...": In you, O Full of Grace, all creation rejoices: the angelic ranks and all the human race. Sanctified temple and spiritual paradise, virgins' pride and boast, from whom God is made flesh and became a little Child; and He who is our God before all ages, He made your womb a throne, and He made it wider than all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.

Communion Verse: Let the light of Your countenance O Lord, shine upon us. Alleluia (x3)



3-а Неділя Посту. Неділя Хрестопоклінна.

Тропар (г. 3): Хай веселяться небесні, хай радіються земні,* бо явів могутність руки Своєї Господь,* подолав смертю смерть, первенцем мертвих став,* з безодні аду визволив нас* і подав світові велику милість.

Тропар (г. 1): Спаси, Господи, людей Твоїх* і благослови насліддя Твоє,* перемоги благовірному народові на супротивників даруй* і хрестом Твоїм охорони люд Твій.

+Слава Отцю, і Сину, і Святому Духові і нині, і повсякчас, і на віки вічні. Амінь.

Кондак (г.7): Вже полум'яне оружжя не охороняє врат єдемських,* на нього бо прийшло преславне погашення – Дерево хресне;* смерти жало і адову перемогу прогнано,* і став ти, Спасе мій, перед тими, що в аді,* кличучи: Увійдіть знову в рай.

Замість Св. Боже: Хресту Твоєму поклоняємось, Владико, й святе воскресіння Твоє славимо.

Прокімен (г. 6): Спаси, Господи, людей Твоїх* і благослови спадкоємство Твоє (Пс 27,9).

Гтих: До Тебе, Господи, взиватиму; Боже мій, не відвертайсь мовчки від мене (Пс 27,1).

До Євреїв послання св. апостола Павла читання : (Євр4,14-5,6) : Браття, мавши, отже, великого архиерея, що вже пройшов небо, Ісуса, Божого Сина, тримаймося твердо віровизнання. Бо ми не маємо такого архиерея, який не міг би співчувати нашим недугам: він же ж зазнав усього, подібно як ми, крім гріха. Приступім, отже, з довір'ям до престолу благодаті, щоб отримати милість і знайти благодать на своєчасну поміч. Кожен бо архиерей, узятий з-поміж людей, настановляється для людей у справах Божих, щоб приносив дари та жертви за гріхи; що може співчувати нетямущим та введеним в оману, бо й сам він неміччю охоплений, і тому повинен так за людей, як і за себе самого приносити жертви за гріхи. Чести ж цієї ніхто не бере сам собі, лише той, хто покликаний Богом, як Арон. Так і Христос не сам собі присвоїв славу стати архиереєм, вона бо від того, який до нього мовив: "Син мій єси, я сьогодні породив тебе." Як і на іншому місці каже: "Ти - священик навіки за чином Мел- хиседека."

Лілея (г. 1): Пом'яні громаду Твою, яку придбав Ти від початку (Пс. 73,2).

Гтих: Бог же – цар наш спередвіку, учинив спасіння посеред землі (Пс. 73,12).

Євангеліє: (Мр 8,34-9,1) : Ісус, прикликавши народ разом із своїми учнями, сказав їм: "Коли хтось хоче йти за мною, хай зречеться себе самого, візьме на себе хрест свій і йде слідом за мною. Бо хто хоче спасти свою душу мене ради та Євангелія, той її спасе. Що бо людина може дати взамін за власну душу? Хто, отже, буде соромитися мене й моїх слів перед цим родом перелюбним та грішним, того посоромиться і Син Чоловічий, коли прийде у славі Отця свого з святими ангелами." І сказав їм: "Істинно кажу вам: Є деякі з отут присутніх, що не зазнають смерти, аж поки не вздріють Царства Божого, що прийде у могутності."

Замість Достойно: Тобою радується, Благодатная, всяка твар, ангельський собор і чоловічеський рід, освящений храм і раю словесний, дівственна похвало, що із неї Бог воплотився і младенцем став – перед віками суций Бог наш. Лоно бо твоє престолом сотворив і утробу твою просторішою небес учинив. Тобою радується, Благодатная, всяка твар, слава тобі.

Причасний: Яви нам світло лица Твого, Господи. Алілуя (х3).

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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