

FOURTH SUNDAY OF THE GREAT FAST
MEMORY OF OUR HOLY FATHER JOHN CLIMACUS



Icon of Saint John Climacus

HOLY GHOST UKRAINIAN CATHOLIC CHURCH

315 Fourth Street, West Easton, Pennsylvania 18042

Rectory (610) 252 – 4266 cell: 717-554-2994

Website: www.holyghost-ukrainian-catholic.org dan.troyan@yahoo.com

Archpriest Fr. Daniel Troyan – Pastor

March 6-13, 2016

Epistle: Hebrews 6:13-20

4th Sunday of the Great Fast: Lent

Gospel: Mark 9:17-31

SATURDAY 6:00PM+Justyna Stojkiewicz- Stoken Family

4th SUNDAY OF LENT: March 6, 2016

9:00AM For the Parishioners

11:00AM +Agnes & John Gutowski – Loretta and Dan Bodnar

The weekdays of Lent are aliturgical days. The Divine Liturgy is always a celebration of the Resurrection of our Lord so it is celebrated only on Saturday's and Sunday's during Lent.

WEDNESDAY 12:00 noon ROSARY

5:30PM Liturgy of the Presanctified Gifts

FRIDAY 12:00 noon: STATIONS OF THE CROSS :

“Lenten Soup” Lunch

No evening services on Friday

SATURDAY

6:00PM (English) +William Hutnik- Margaret Hutnik

5TH SUNDAY OF LENT: St .Mary of Egypt, March 13, 2016

9:00AM (Ukrainian) For the Parishioners

11:00AM (English) +Stephen Terleski – Helen & Elizabeth Terleski

Weekly Income - \$ 2929.05 Thank you for your generosity & support
BonTon Booklets : \$430.00

Eternal Light & Altar Candles : For the sick and infirm of our parish

FOURTH SUNDAY OF GREAT LENT
(Commemoration of St. John Climacus)

Troparion (8):

You came down from on high, O Merciful One, and accepted three days of burial to free us from our sufferings. O Lord, our life and our resurrection, glory be to You.

Troparion (1):

O John, our father, Godbearer, hermit of the desert and angel in the flesh, you received heavenly gifts by your fasting, vigils, and prayers; You healed the sick and those coming to you with faith. Glory be to Him Who gives you strength; glory be to Him Who crowned you; glory be to the Lord Who heals all through your intercession.

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

Kontakion (4):

O John, our leader and father, the Lord has placed you on high as a true guiding star lighting the ends of the earth with the truth of your virtue.

Prokimenon (8):

Pray and give praise to the Lord our God.

Verse: In Judea God is known; His name is great in Israel.

Prokimenon (8):

Let the faithful exult in glory; let them sing for joy and take their rest.

Epistle: Reading of the Epistle of St. Paul to the Hebrews (Heb 6,13-20)

When God made the promise to Abraham, since he had no one greater by whom to swear, "he swore by himself," and said, "I will indeed bless you and multiply you." And so, after patient waiting, he obtained the promise. Human beings swear by someone greater than themselves; for them an oath serves as a guarantee and puts an end to all argument. So when God wanted to give the heirs of his promise an even clearer demonstration of the immutability of his purpose, he intervened with an oath, so that by two immutable things, in which it was impossible for God to lie, we who have taken refuge might be strongly encouraged to hold fast to the hope that lies before us. This we have as an anchor of the soul, sure and firm, which reaches into the interior behind the veil, where Jesus has entered on our behalf as forerunner, becoming high priest forever according to the order of Melchizedek.

Alleluia Verses:

Come, let us rejoice in the Lord; let us acclaim God our Savior:

Alleluia, Alleluia, Alleluia.

Comme before His countenance with praise and acclaim Him with psalms.

Gospel:(Mk 9,17-31)

At that time, someone in the crowd came to Jesus and said, "Teacher I have brought to you my son possessed by a mute spirit. Wherever it seizes him, it throws him down; he foams at the mouth, grinds his teeth, and becomes rigid. I asked your disciples to drive it out, but they were unable to do so." He said to them in reply, "O faithless generation, how long will I be with you? How long will I endure you? Bring him to me." They brought the boy to him. And when he saw him, the spirit immediately threw the boy into convulsions. As he fell to the ground, he began to roll around and foam at the mouth. Then he questioned his father, "How long has this been happening to him?" He replied, "Since childhood. It has often thrown him into fire and into water to kill him. But if you can do anything, have compassion on us and help us." Jesus said to him, "If you can! Everything is possible to one who has faith." Then the boy's father cried out, "I do believe; help my unbelief!" Jesus, on seeing a crowd rapidly gathering, rebuked the unclean spirit and said to it, "Mute and deaf spirit, I command you: come out of him and never enter him again!" Shouting and throwing the boy into convulsions, it came out. He became like a corpse, which caused many to say, "He is dead!" But Jesus took him by the hand, raised him, and he stood up. When he entered the house, his disciples asked him in private, "Why could we not drive it out?" He said to them, "This kind can only come out through prayer and through fasting."

Instead of it is truly right... (Or the Hirmos of the Feast):

In you, O Woman Full of Grace, the angelic choirs and the human race -all creation -rejoices. O Sanctified Temple, Mystical Paradise, and Glory of Virgins! He, Who is our God from before all ages took flesh from you and became a child. He made your womb a throne, and greater than the heavens. In you, O Woman Full of Grace, all creation rejoices. All praise be to you!

Lenten Anthem

Having endured your Passion for us, Jesus Christ, Son of God, have mercy on us

Preterpeeviy za na strasty Eesuse Christe, Sineh Bozhiy pomiloy nas.

Beneath thy cross I stay, there to weep to pray,

(2) O Christ crucified, who in torment died, for sins of the world

You sacrificed for me, dying upon the tree,

(2) For my sins I plead, Jesus You I need, Cleanse me of my sins.

O Jesus You are mine, Savior and God Divine,

(2) How I pray to Thee, Jesus come to me, and save my sinful soul

How to make a good confession....

Be truly sorry for your sins. The essential act of Penance, on the part of the penitent, is contrition, a clear and decisive rejection of the sin committed, together with a resolution not to commit it again, out of the love one has for God and which is reborn with repentance. The resolution to avoid committing these sins in the future (amendment) is a sure sign that your sorrow is genuine and authentic. This does not mean that a promise never to fall again into sin is necessary. A resolution to try to avoid the near occasions of sin suffices for true repentance. God's grace in cooperation with the intention to rectify your life will give you the strength to resist and overcome temptation in the future.

Examination of Conscience Before going to Confession you should make a review of sins since your last sacramental confession, and should express sorrow for sin, and a firm resolution not to sin again. A helpful pattern for examination of conscience is to review the Commandments of God and the Precepts of the Church:

Have God and the pursuit of sanctity in Christ been the goal of my life? Have I denied my faith? Have I placed my trust in false teachings or substitutes for God? Did I despair of God's mercy?

Have I avoided the profane use of God's name in my speech? Have I broken a solemn vow or promise?

Have I honored every Sunday by avoiding unnecessary work, celebrating the Divine Liturgy (also holydays)? Was I inattentive at, or unnecessarily late for Divine Liturgy, or did I leave early? Have I neglected prayer for a long time?

Have I shown Christlike respect to parents, spouse, and family members, legitimate authorities? Have I been attentive to the religious education and formation of my children?

Have I cared for the bodily health and safety of myself and all others? Did I abuse drugs or alcohol? Have I supported in any way abortion, "mercy killing," or suicide?

Was I impatient, angry, envious, proud, jealous, revengeful, lazy? Have I forgiven others?

Have I been just in my responsibilities to employer and employees? Have I discriminated against others because of race or other reasons?

Have I been chaste in thought and word? Have I used sex only within marriage and while open to procreating life? Have I given myself sexual gratification? Did I deliberately look at impure TV, pictures, reading?

Have I stolen anything from another, from my employer, from government? If so, am I ready to repay it? Did I fulfill my contracts? Did I rashly gamble, depriving my family of necessities?

Have I spoken ill of any other person? Have I always told the truth? Have I kept secrets and confidences?

Have I permitted sexual thoughts about someone to whom I am not married?

Have I desired what belongs to other people? Have I wished ill on another?

Have I been faithful to sacramental living (Holy Communion and Penance)?

Have I helped make my parish community stronger and holier? Have I contributed to the support of the Church?

Have I done penance by abstaining and fasting on obligatory days? Have I fasted before receiving communion?

Have I been mindful of the poor? Do I accept God's will for me?

During Confession

Begin your confession with the sign of the cross, "In the name of the Father, and of the Son, and of the Holy Spirit. My last confession was _____ weeks (months, years) ago."

Say the sins that you remember. Start with the one(s) that is most difficult to say. (In order to make a good confession the faithful must confess all mortal sins, according to kind and number.) After confessing all the sins you remember since your last good confession, you may conclude by saying, "I am sorry for these and all the sins of my past life."

Listen to the words of the priest. He will assign you some penance. Doing the penance will diminish the temporal punishment due to sins already forgiven. When invited, express some prayer of sorrow or Act of Contrition such as:

An Act of Contrition

O my God, I am heartily sorry for having offended you and I detest all my sins, because I dread the loss of heaven and the pains of hell. But most of all because I have offended you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace, to confess my sins, to do penance and to amend my life. Amen.

Or

O God be merciful to me a sinner

O God Cleanse me of my sins and have mercy on me.

O Lord forgive me for I have sinned without number.

At the End of Confession Listen to the words of absolution, the sacramental forgiveness of the Church through the ordained priest.

"May Christ our True God forgive you now of all your sins and I an unworthy priest, through the power given to me by Him, do forgive you of your sins past and present in the name of the Father, and of the Son and of the Holy Spirit . Amen

You listen to the words of forgiveness you may make the sign of the cross with the priest

After Confession Give thanks to God for forgiving you again.

Do your assigned Penance.

Resolve to return to the Sacrament of Reconciliation often. We Catholics are fortunate to have the Sacrament of Reconciliation. It is the ordinary way for us to have our sins forgiven. This sacrament is a powerful help to get rid of our weaknesses, grow in holiness, and lead a balanced and virtuous life.

Confessions are heard in the sanctuary before the Divine Liturgy each Saturday and Sunday and by request. There will be visiting priests here on March 15 from 6:00PM- 7:00PM hearing confessions in English and Ukrainian. Please make use of this time to prepare yourself for the celebration of the Resurrection through the Sacrament of Confession. It's good for the body and soul.

FOOD COLLECTION

Wednesday and Friday during Lent are days we traditionally fast from meat. Fasting helps us in our prayer life to rely on God and use what money/food we save to help the poor. There are FOOD COLLECTION boxes in the vestibule of the church for canned and dry good donations.

UPCOMING EVENTS

RELIGIOUS EDUCATION CLASSES: 10:15AM-10:45AM Sunday's

March 6 Jesus Calls us to Forgive

March 13 How to ask for Forgiveness: Confession

March 20 Palm Sunday Easter Egg Hunt 12:30PM

SOROKOUSTY ALL SOULS REMEMBRANCE

MAY 14, 2016 Saturday 10:00AM 5th All Souls Saturday

PYSANKY CLASSES March 6 12:15PM-3:00PM

WOMANS DAY RETREAT March 6 and April 24, 2016

March 6 at Shrine of the Holy Family Washington DC

April 24 at St Vladimirs Church in Scranton PA

MARCH 8-9 PYROHY SALE: Please place your orders on the list in the back of the church or by calling the rectory office 610-252-4266

MARCH 11, 12, 13, 2016 LUC ANNUAL LENTEN RETREAT: St Mary's Villa Sloatsburg NY Theme: Merciful like the Father *Fliers & application in vestibule*

MARCH 15 CONFESSIONS FOR EASTER 6:00-7:00PM

Fr Dan Gurovich and Fr Evhen Moniuk English and Ukrainian available

MARCH 17-18 PASKA BAKING For ordering please call the rectory office or fill out the request form in the vestibule.

March 20: EASTER EGG HUNT AND ICE CREAM SOCIAL for the children and grandchildren of the parish. All are welcome .

LENTEN SCHEDULE

We try to live differently during the 40 days of Lent: we increase our prayer, we take inventory of our lives, fast and give alms. ***Please make use of the extra services during Lent to be able to keep that awareness alive and important.***

'LENTEN SOUP ' FRIDAYS

On Friday's during Lent we will be celebrating the Stations of the Cross at noon, followed by a Lenten Soup Lunch. There is no fee for the lunch, a free will offering is accepted, with the proceeds benefitting the local food bank. We hope you can join us and invite a friend to join you for Stations and Soup.

LITURGY OF ST BASIL

During the Sunday's of Lent, the Divine Liturgy of St Basil is celebrated. The beautiful prayers of St Basil, remind us of the history of our salvation in an extraordinary manner. Pray those prayers with us as we turn our attention during these 40 days to all that was done by our God out of love for us.

The Beatitudes will be sung during this time in place of the regular Sunday antiphons.

LEAGUE OF UKRAINIAN CATHOLIC RETREAT

Annual Lenten Retreat March 11.12.13 2016 at St. Mary's Villa Retreat Center in Sloatsburg NY. This year's theme is "Merciful, like the Father". It is a time of exploring the meaning of mercy and allowing God's love to transform our lives. The chapel of the Sisters Servants of Mary Immaculate has been designated as a "Door of mercy" during this jubilee year by Bishop Paul of Stamford Ct. The retreat Director is Fr Dan Troyan.

KNIGHTS OF COLUMBUS LENTEN FISH DINNERS

The Knights of Columbus Council 345 is sponsoring their annual Fish Dinner on Fridays of Lent: March 11, 18 from 4PM-7PM Fr Farrell Hall on Washington Blvd in Wilson Borough.

Adults are \$11.00 Seniors \$10 Children \$6 (4 & under free)

Includes Baked & Fried Cod, French fries, Stewed tomatoes, Mac & Cheese, Cole Slaw Rolls Beverages Dessert and Soup.

Please support our local Knights by joining them for a Fish Dinner!

CATHOLIC BIBLES FOR THE PRISONS

We are sponsoring Catholic Bibles for the local prisons in our area. There have been several requests for Bibles by the inmates locally . It's a great opportunity to help those who are trying to change their lives around through God's word. Anyone interested in donating a Bible or working on this project with Fr Dan please call the rectory office.

KOBASA SALE

The Ukrainian American Veterans Post 42 are taking orders for kobasa , Kobanosy, and Karkowska for Easter. The kobasa is \$6.00 lb . Place your order on the order form in the vestibule or call Oleh at 610-258-9467. Orders will be ready for pick up after services on Palm Sunday.

CONFESSIONS FOR EASTER

Visiting priests will be available for confessions in English and Ukrainian on Tuesday March 15 from 6:00-7:00PM. Please make use of this time to benefit from this sacrament of grace as we approach the Resurrection of our Lord.

PASKA BAKE SALE

We will be baking paska's for Easter. They are \$10 for the large plain or raisin or \$15 for the large braid plain or raisin. Please fill out the order forms in the vestibule of the church. Orders are due by March 13.

Volunteers are needed on Thursday March 17 from 6:00PM - ?

Friday from 6:00AM till finished. All are welcome

CEMETERY SPRING CLEAN UP

We will be cleaning up the cemetery area for Easter. We ask that all old flowers etc be removed from the graves by March 14, 2016. Your cooperation will help us to remove the winter debris and have the cemetery in good shape for Easter. Thank you.

VISITATION OF THE SICK

The sick and homebound will be visited with the sacrament of Holy Communion and Confession this week. Monday, Tuesday and Thursday. If you are presently not being visited please contact the rectory office to register yourself or your family member.

IN MEMORIAM

We extend our sympathy and prayers to the family & friends of **+Diane O'Connor**, a faithful member of our pyrohy workers and friend of our parish. May our Lord comfort her family and may her memory be eternal! **Vichnaya Pamyat!**

PYROHY SALE THIS WEEK

We are having our pyrohy sale this week. You can place an order by calling the rectory office 610-252-4266 or by placing your order on the order sheet in the back of the church.

Tuesday: 9:00- noon: Potato peeling 3:00PM-6:00PM Potato prep

Wednesday 9:00AM - ? Pyrohy making

If you are able we are always looking for new volunteers, please join us if you can.

OUR LADY OF LEBANON MISSION

The Maronite Church of our Lady of Lebanon is having a Lenten Mission with the relics of St Sharbel this Wednesday to Friday. There is a schedule in the back of the church with the listing of Masses and healing services. All are welcome.

VOLUNTEERS FOR UKRAINE: SISTERS OF ST BASIL

The Sisters of St Basil are sponsoring a English catechetical Camp in Ukraine for 2016. The camps a week long for children 10-16. The Sisters are looking for volunteers to teach English, basic grammar etc). Room and board will be provided. Volunteers may come for one , two or three weeks and they will also be visiting the orphanages and psychiatric institutions. The Program will run from May 27- June 27 and will presently be limited to Western Ukraine. For application please contact Sr Ann Laszok OSBM at 412-260-1607.

There are application forms in the vestibule of the church for anyone wishing to register for the Ukraine Trip.

SUGGESTION BOX AND PRAYER BOX

In the back of the church there is an opportunity to have your requests heard for suggestions for the parish, **SUGGESTION BOX** and also for prayer requests for yourself, family and loved ones **PRAYER BOX**. Simply write your request or suggestion and place it in the box

TOWER REPAIR

We have entered into contract with Fania Roof Company of Allentown for the repair of our church tower. The fabrication of the louvers will take 8-10 weeks, so we are looking to begin the project in the spring. The tower repair will correct the leak in the ceiling of the choir loft , replace the louvers which have deteriorated, with aluminum louvers, and repair the concrete and brick pointing . . .

Roof Repair: Memorial Account Donations :

\$200.00 Donna Hale

Please remember to pray for the sick and all those who have requested our prayers

Helen Terleski	Teodozia Sroka	Catherine Kutzler	Olga Turczyn
Mae Kulczykcki	Sophie Troyan	Jean Lakomski	Michael Trusz
Paulette Bellis	Peg Hutnik	Richard Suter	John Vedomsky
Olga Bryksa	Julian Trusz	Michael Sidlar	Walter Kiniuk
Joseph Bodnar	Lillian Opp	Frank & Betty Maitski	Sarah Shanks
Kim Lightcap	Gregory Neff	Karen Bakros	Stephen Terleski
Margaret Dashe	Helen Potak	Anna Drozd	Olga Trusz

PYSANKY CLASSES THIS SUNDAY

The Ukrainian art of making intricate dyed eggs for Easter is a wonderful tradition in our church. The egg has long been a symbol of Resurrection and new life.

John Drozd Jr will again be offering PYSANKY classes on March 6th from 12:15PM

- 3:00PM. Cost is \$10 for one class Children are free but small children must be accompanied by an adult. Classes will be in the church hall. All are welcome.

Prayer of St Ephraim: After the Divine Liturgy

O Lord and Master of my life,
Keep from me the spirit of indifference
And discouragement,
Lust of power, and idle chatter.
(Prostration)

Instead, grant to me, Your servant,
The spirit of wholeness of being,
Humble-mindedness, patience, and love.
(Prostration)

O Lord and King,
Grant me the grace to be aware of my sins
And not to judge my brother and sister,
For You are blessed,
Now and ever and forever. Amen.
(Prostration)

Господи і Владико життя мого!
Духа лінивства, безнадійности,
владолобства і пустослів'я
віджени від мене.
(земний поклін)

Натомість даруй мені, слугу Твоєму,
духа доброчесности, смиренности,
терпеливости і любови.
(земний поклін)

Господи і Царю!
Дай мені ласку бути свідомим власних гріхів
і не осуджувати брата чи сестру,
бо Ти є благословенний на віки віків. Амінь.
(Земний поклін).

Wisdom from St. John Climacus

Forgetting offences is a sign of sincere repentance. If you keep the memory of them, you may believe you have repented but you are like someone running in his sleep. Let no one consider it a minor defect, this darkness that often clouds the eyes even of spiritual people.

When the soul betrays itself and loses the blessed and longed-for fervor, let it carefully investigate the reason for losing it. And let it arm itself with all its longing and zeal against whatever caused this. For the former fervor can return only through the same door through which it was lost.

When a man has found the Lord, he no longer has to use words when he is praying, for the Spirit Himself will intercede for him with groans that cannot be uttered.

Do not be surprised that you fall every day; do

not give up, but stand your ground courageously. And assuredly, the angel who guards you will honor your patience.

As fire does not give birth to snow, so those who seek honor here will not enjoy it in heaven ... As those who climb a rotten ladder are in danger, so all honor, glory, and power are opposed to humility.

It happens, I do not know how, that most of the proud never really discover their true selves. They think they have conquered their passions and they find out how poor they really are only after they die.

Humility is the only virtue that no devil can imitate. If pride made demons out of angels, there is no doubt that humility could make angels out of demons.

For more information on Eastern spirituality, visit
www.ecpubs.com