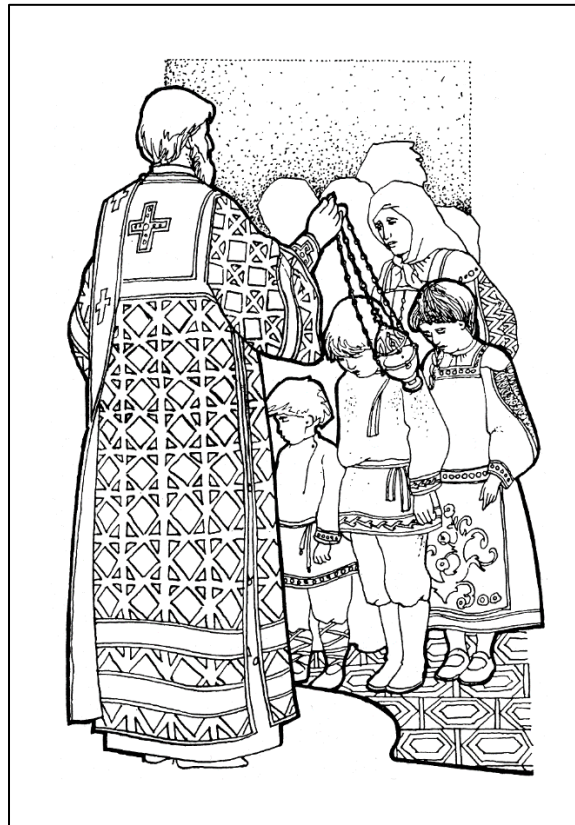




Great Lent

in the Ukrainian Catholic Church



Lenten Prayer of St. Ephrem

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 brothers and sisters, for You are blessed, now and for ever and ever. Amen. (*Prostration*)



GREAT FAST PASTORAL LETTER OF THE UKRAINIAN CATHOLIC HIERARCHY OF THE U.S.A., TO OUR CLERGY, HIEROMONKS AND BROTHERS, RELIGIOUS SISTERS, SEMINARIANS AND BELOVED FAITHFUL

“Yes, O Lord and King, let me see my own sins
and not judge my brothers and sisters
for you are blessed for ever and ever. Amen.”
Lenten prayer of Saint Ephrem of Syria

As we enter this Lenten season, we all experience darkness around us. We all have been living in the shadows of two years of war in Ukraine, conflicts in the Middle East and other places throughout the world. We all struggle with extended time of darkness that has impacted each of us, our families, our communities, our church, our nation and the world.

At the same time, we are invited to embark on the Lenten pilgrimage. The doors of repentance are opening! The Great Lent is beginning! Every year Great Lent is repeated, and each time it brings us great benefit if we as individual, our families and church community entrust ourselves to start this journey. It is a preparation for the life to come and, more immediately, a preparation for the Bright Resurrection. Repentance for us as individuals is the conscious transformation of our hearts, our minds, and the very essence of our lives. This is at the heart of the Great Lent. This experience gives us a deeper understanding of God’s love in living through the darkness of the death of Christ that reveals to us the saving death for our salvation - the life-giving death. But, Christ’s death is the not the final event!

Only when we acknowledge our need to repent, when we enter the “wilderness of the desert of our hearts” and focus inward that we take the first step on the road to repentance. Then we start to understand why we are terrified, afraid, and uncertain.

During the Lenten days, we are offered the opportunity to seek release from those things we have allowed, often unconsciously, to hold us captive, yet which in and of themselves have no real power over us. Now, during the forty days, we are challenged to do away with our passions, our preoccupations, our pride, our jealousy and anger. Now, we are assured that the doors of repentance are opened to those who knock. Repentance stands at the very heart of our spiritual lives. Repentance is our ongoing, continuing and daily pursuit.

We enter this Lenten journey as individuals, but we are not alone, at the same time we enter this pilgrimage with our families and our church community. Together, we stand at the doors of repentance. Together, we knock and implore the Giver of Life to lead us from the desert of our lives into the joy of being with God.

On this journey will be able to see in the new light people around us. We will be able to listen more attentively to those in need, those less fortunate than us in our community. We will be able to walk together through trials and tribulations, assist and help each other. We will be able to live our Christian vocation to preach the “Good News” of Christ in our lives. We and our community will become welcoming and hospitable both for its faithful and for strangers. We will manifest this spirit of service toward those who are closest to us, to our brothers and sisters, mothers and fathers, to fellow parishioners, and even to total strangers, whom we meet for the first time. Let us also remember that in our midst there are many, who have left the Church for a variety of reasons, or they don’t attend simply because no one has ever said to them: “Come and see!” (John 1:46). Let us invite them to start this Lenten journey together.

Great Lent is a perfect time to strive to live for our church community in unity. It is a time for our community to be resplendent with evangelical joy and godly life. Our spiritual life will be a sign of God’s presence in the world, through our prayer and our service to others. This Lenten journey allows us to touch all aspects of our inner life, our church community and in a broader sense encompasses the fullness of Christian life. Let us be not afraid and with joy enter this Lenten pilgrimage which will lead us from darkness to the joy and brightness of Christ’s Resurrection.

May God bless our Lenten pilgrimage toward the glorious Feast of the Resurrection!

+Borys Gudziak, Archbishop of Philadelphia for Ukrainians, Metropolitan of Ukrainian Catholics in the United States
+Paul Chomnycky, OSBM, Eparch of Stamford
+Benedict Aleksyichuk, Eparch of St. Nicholas in Chicago
+Bohdan J. Danylo (author), Eparch of St. Josaphat in Parma

Great Lent 2024



Recipes for the Great Fast

These recipes have been contributed by St. Michael's parishioners. All are suitable for fasting, as they require no meat, fish, dairy products, wine, or oil. Outside of the fast, ingredients can easily be easily; for example, sauté onions and garlic in olive oil; substitute chicken broth for vegetable broth, or add toppings of sour cream or grated cheese.

Mexican Black Bean Soup

- 1 lb. dry black beans (soak, drain, and rinse)
- 1 quart vegetable broth
- 1 yellow onion, finely chopped
- 1 red bell pepper, finely chopped
- 2 jalapeños, seeds removed and finely chopped
- 1 15-oz can diced tomatoes
- 4 cloves garlic, minced
- 1 heaping TBL chili powder
- 2 tsp ground cumin (or more, to taste)
- 2 tsp salt
- 1 tsp ground black pepper
- ½ tsp ground cayenne pepper
- ½ tsp paprika

Combine all ingredients, stir, simmer for 5-6 hours, until beans are very tender. Mash some of the beans for thickening. Optional toppings include sliced avocado, parsley or cilantro, and chopped green onions.

Pasta with Tomato Sauce

- 6 cans of spaghetti sauce:
- 2 traditional, 2 tomato-and-basil, 2 garlic-and-herb

(or, if not fasting, use: 2 traditional and 1 each tomato & basil, garlic & herb, four-cheese, meat)

- 1 TBS salt
- 2 TBS onion flakes
- 2 TBS garlic flakes
- 1 TBS garlic powder
- 1 TBS parsley
- 1 TBS oregano
- 1 TBS basil
- 1 TBS onion powder

Combine ingredients and cook in slow cooker on warm (or low setting in an Instant Pot) for four hours. Add to cooked pasta of choice and serve.

Cajun Red Beans and Rice

- 1 lb. dry red kidney beans (soak, drain, and rinse)
- 1 medium yellow onion, diced
- 1 green bell pepper, diced
- 2 medium stalks celery, diced
- 6 cloves garlic, minced
- 2 TBL parsley, chopped, plus some for garnish
- 1 TBL hot sauce
- 1 tsp oregano
- 1 tsp. dried thyme
- 1 tsp smoked paprika
- 2 tsp salt, plus more to taste
- 1 tsp pepper, plus more to taste
- ¼ tsp ground cayenne pepper
- 2 bay leaves
- 1 quart vegetable broth

Braise onion, bell pepper, and celery in water. Add parsley, hot sauce, thyme, paprika, salt and pepper. Cook 1 minute. Add beans, bay leaves, and broth. Bring to boil; cover, lower heat, simmer for 1¼ hour or until beans are tender. Remove lid, simmer 15 minutes more. Mash some of the beans for thickening. Sprinkle with parsley; serve with cooked rice.

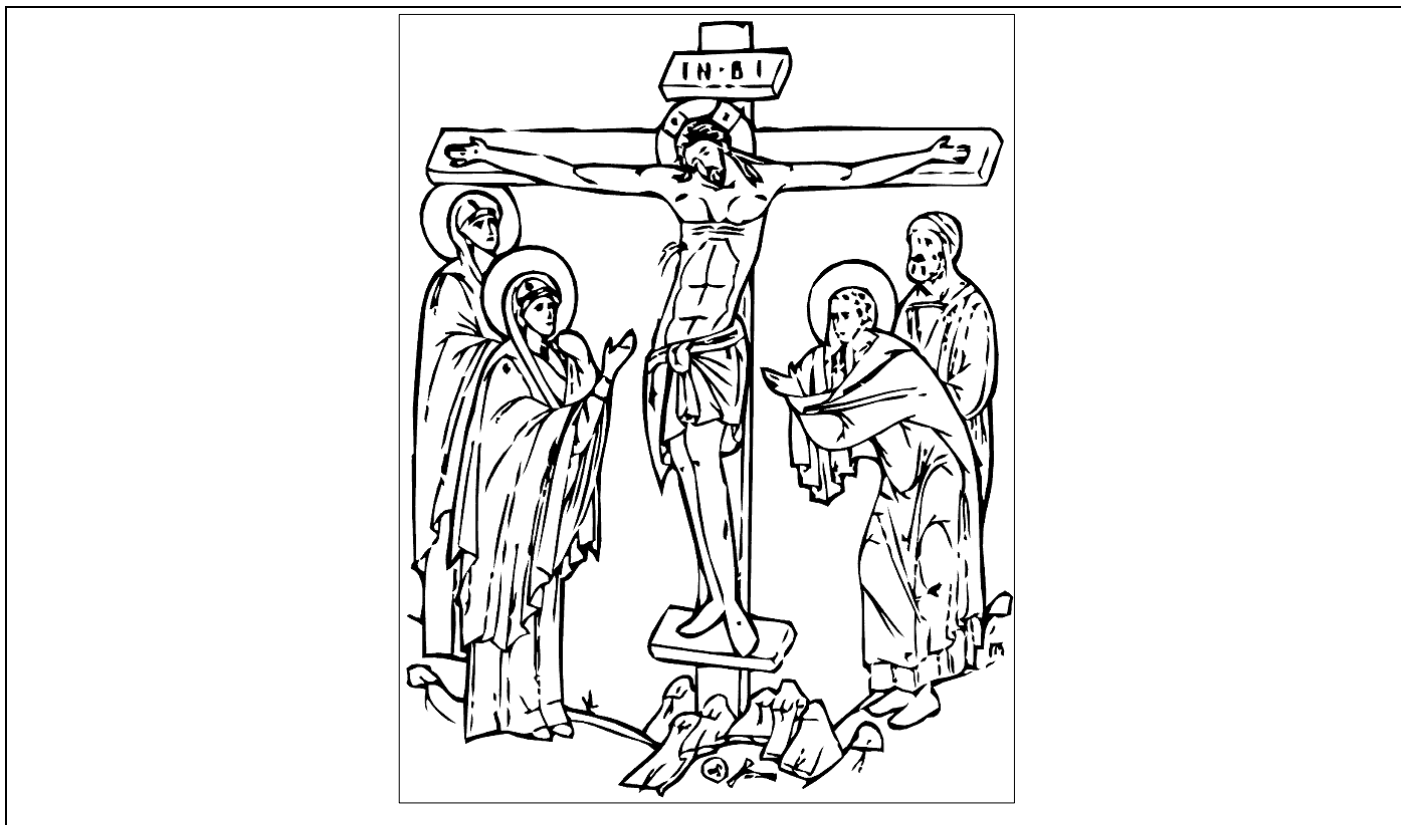
Lentil Soup

- 1 lb. lentils (about 2½ cups)
- 3 carrots, sliced
- 3 stalks celery, sliced
- 1 onion, diced
- 3 garlic cloves, minced
- 1 TBL Italian seasoning
- 1½ tsp salt
- ½ tsp red pepper flakes
- ½ tsp black pepper
- 2 quarts vegetable broth
- 1 28-oz. can diced tomatoes

Add all ingredients to stockpot, bring to boil, reduce heat and simmer until lentils are tender.

Table Blessing

O Christ God, bless the food and drink of your servants, for you are holy, now and forever and ever. Amen.



Having Suffered (Preterpivj)

Hav - ing suf - fered the pas - sion for us, Je - - sus Christ,

Son of God, have mer - cy, have mer - cy, have mer - cy on us.

Pre - ter - pi - vyj za nas stras - ti, I - su - se Chri - ste,

Sy - ne Bo - žij, po - mi - luj, po - mi - luj, po - mi - luj nas.



*The noble Joseph took Your most pure Body down from the Cross.
He wrapped it in a clean linen with aromatic spices and sadly laid it in a new tomb.*

Troparion of Great Friday

Services in Lent and Holy Week

All Souls Saturdays. On the second Saturday before Lent; on the second, third, and fourth Saturdays of Lent, and again on the Saturday before Pentecost, we remember the deceased members of our families in special liturgies.

Liturgy of the Pre-Sanctified Gifts. During Lent, the Divine Liturgy is celebrated only on Saturdays and Sundays. On weekdays, the more somber Liturgy of the Pre-Sanctified Gifts is celebrated instead, including psalms, litanies, and distribution of Holy Communion using bread previously consecrated.

Palm (Flowery) Sunday. In Slavic lands, Christians carry willow branches instead of palms, to mark the Entrance of Our Lord into Jerusalem.

Holy Thursday. Passion Matins is sung in the evening.

Good Friday. Vespers is sung in the morning. An embroidered cloth representing the burial shroud of Jesus is carried in procession and venerated by the faithful. In the evening, the hauntingly beautiful Jerusalem Matins is sung.

Holy Saturday. Vespers and Divine Liturgy are sung in the morning.