



# St. Demetrius Ukrainian Orthodox Cathedral

[www.stdemetriusuoc.org](http://www.stdemetriusuoc.org)

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Rev. Fr. Ihor Protsak

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Protopresbyter Dr. Taras Chubenko, Pastor Emeritus



**Epistle: Rom.13:11-14:4**

**Gospel: Matt.6:14-21**

**SUNDAY, FEBRUARY 22<sup>ND</sup> 2026 – 4<sup>TH</sup> PRE-FAST SUNDAY. TONE – 4**

**CHEESE-FARE SUNDAY**

*Glory to Jesus Christ!*

**TODAY'S SERVICES:**

**HOLY SACRAMENT OF CONFESSION – 9:00 A.M.**

**DIVINE LITURGY – 9:30 A.M.**

**!! Swearing in of the Church Board officers (Postponed)**

***Services for the week:***

***FEBRUARY 25<sup>TH</sup>, WEDNESDAY – PRESANCTIFIED LITURGY 6:30 P.M.***

***FEBRUARY 27<sup>TH</sup>, FRIDAY – PRESANCTIFIED LITURGY (+ SOROKOUSTA) 6:30 P.M.***

***MARCH 1<sup>ST</sup> – ORTHODOXY SUNDAY, DIVINE LITURGY 9:30 A.M.***

***(DIVINE LITURGY FOLLOWED BY THE PROCESSION OF THE ICONS)***

***Altar Servers:*** Sub deacon Qorey Carter, Bryce Buitrago, Ryan Fealy.

***Readers:*** Subdeacon Thomas Bodnar, Brandon Banko.

***PLEASE CONTINUE TO PRAY FOR:*** Alice, Kathy B; Catherine Shaffer, Joyce and Raymond Wizna, Diane (Decibus) Morgan, Michael Hrycuna, Richard Hrycuna, John Decibus, John Zelenak, Veronica Deli, Nancy Grabie, Sarah Rowland and the children of God: Sophia Mazan plus Jacob, Jonathan and Sofia. Also remember all the sick, the suffering, those in hospitals and nursing homes, and all the men and women in the US Military who serve all of us and our country. Please keep them in your prayers daily, asking God's protection upon them all.

***Happy Birthday!*** – Our Parish Congregation sincerely expresses greetings to our Brothers and Sisters of **St. Demetrius Ukrainian Orthodox Cathedral** who celebrate Birthdays in the following week of February: **PATRICIA FINN, RICHARD HRYCUNA.** May the Lord God Almighty send upon you His Blessings for many blessed years!

***If you would like to have a birthday or special event announced in the bulletin for upcoming week for a family member or friend not on our Church roster, please consider making a donation to the building fund in their honor***

***Thank you!***

To all our Parishioners and people of St. Demetrius Family, we express our sincere thankfulness for your generous donations toward Flowers that make our Temple beautiful. ***May God bless!***

***To the Reverend Clergy and Beloved Faithful of our Holy Church:***

**CHRIST IS AMONG US!** With pastoral love in Christ and prayerful concern for your spiritual lives, we address you at the threshold of the Great and Holy Lent - this sacred season of repentance, renewal, and return to the living God. Once again, the Holy Church lovingly calls us into the spiritual wilderness, not as a place of abandonment, but as a space of encounter, where the human heart is purified and made receptive to the grace of the Holy Spirit. Great Lent is not merely a change in diet, schedule, or external practice. It is a profound invitation to inner transformation - to the restoration of the image of God within us, obscured by sin yet never destroyed. Through prayer, fasting, almsgiving, and repentance, we are called to re-center our lives on Christ, the Source of Life, Truth, and Love. At the heart of the Lenten journey stands the virtue of self-discipline. The Church, in her wisdom, teaches us restraint - not as punishment, but as healing. In a world marked by excess, noise, and constant distraction, self-discipline becomes an act of freedom. It frees us from enslavement to our passions and re-orientes our hearts toward God and neighbor. We are called during this holy season to exercise self-restraint in all things: • restraint of the body, through fasting that humbles yet strengthens; • restraint of the mind, by guarding our thoughts and intentions; • restraint of the tongue, by paying careful attention to our words, tone, and manner of speech. The passions of verbal expression - anger, judgment, gossip, careless speech - wound not only others but our own souls. The Apostle reminds us that life and death are in the power of the tongue. During Lent, let our words be fewer, gentler, and prayerful; let silence teach us humility; let listening become an act of love. Equally important is our attention to prayer. Prayer is not an obligation imposed from without, but the breath of the soul. In prayer, we learn again who we are and to Whom we belong. Whether in the stillness of our homes, in the sacred beauty of the temple, or in the quiet prayer of the heart throughout the day, let us guard time for communion with God. Without prayer, fasting becomes empty; with prayer, even small efforts are filled with divine grace. The Great Fast also reminds us of our responsibility toward the gift of life entrusted to us by the Lord Himself. Our bodies are not our own; they are sacred vessels, temples of the Holy Spirit, sealed in Baptism and nourished by the Holy Mysteries. To practice restraint and care for our bodies is to honor the Creator, who fashioned us in love and calls us to holiness. Caring for our physical, emotional, and spiritual wellbeing is not self-indulgence - it is stewardship. This responsibility extends beyond ourselves. We are accountable for the way we live in relationship to the world around us. The Christian life is never isolated. Our fasting must open our eyes to the suffering of others; our prayer must soften our hearts; our restraint must cultivate compassion. In caring for one another's lives - through mercy, forgiveness, patience, and concrete acts of love - we bear witness to the Kingdom of God already present among us. Beloved in the Lord, as we enter the Great and Holy Lent, let us walk this path together as one Body in Christ. Let us fall and rise again through repentance, trusting not in our own strength but in the boundless mercy of God. May this sacred season become for each of us a time of genuine renewal, healing of the soul, and restoration of joy in the Holy Spirit. Entrusting you all to the loving protection of our Lord and Savior Jesus Christ, we invoke upon you His abundant grace and peace. With archpastoral love and prayer,

+ANTONY Metropolitan of the Ukrainian Orthodox Church of the USA  
+JEREMIAH Archbishop of the Ukrainian Orthodox Eparchy of South America  
+DANIEL Archbishop of the Ukrainian Orthodox Church of the USA

**ALL EMERGENCIES: PLEASE MAKE SURE TO CALL FATHER Ihor for any and all emergencies – for hospital, nursing home, or home visitations. Please call his Cell number 732-209-5994, if necessary, please leave a voicemail, Father will return your call as soon as possible.**

