

St. Demetrius Ukrainian Orthodox Cathedral



www.stdemetriusuoc.org

641-645 Roosevelt Ave.

Phone: (732) 541-1530 – mobile (732) 619-3259

Rev. Fr. James Cairns, Pastor

frjamescairns@gmail.com

Protopresbyter Dr. Taras Chubenko, Pastor Emeritus



Epistle Rom. 13:11-14:4

Tone 4

Gospel: Mt. 6:14-21

March 6th – Cheesefare Sunday of Forgiveness Expulsion of Adam from the Paradise of Bliss

TODAY'S SERVICES:

- Sun. 8:30am Memorial Service – For 2LT Mark Guy (27th Anniversary) by Father James
- Sun. 9:00am Divine Liturgy – Cheesefare Sunday of Forgiveness
St. Timothy of Symbola in Bithynia (795). St. Eustathius (Eustace), archbishop of Antioch (337). St. George, bishop of Amastris on the Black Sea (805).

SERVICES FOR THE WEEK:

- Mon. 6:00pm Canon of St. Andrew of Crete
- Wed. 6:00pm Presanctified Divine Liturgy
- Wed. 7:00pm Meeting with Newark FBI regarding issues in Ukraine in church
- Wed. 7:30pm Bible Study Class – Virtual and in person at church
- Fri. 7:00pm Presanctified Divine Liturgy – Sorokousty
- Sun. 8:30am Sacrament of Confession – Fr. James will be available to any who desire confession every Sunday starting at 8:30 AM.
- Sun. 9:00am Divine Liturgy – 1st Sunday of Lent – Triumph of Orthodoxy

Altar Servers: Subdeacon J.D. Cairns, Qorey Carter, Ryan Fealy

Reader: Subdeacon Thomas Bodnar or Subdeacon J.D. Cairns

PLEASE CONTINUE TO PRAY FOR: Robert Cousins, John Happy Sr., Bill Stokes, Joan Nardi, Marci Pusillo, George Terebush, Pani Mary Ann, David Deli, Richard Hycuna, Diane Decibus Morgan, John Pirocato, John Zelenak, Hilda Zuccaro, Thomas Zuccaro, Joseph Nardi, Olga Pirocato, Nancy Grabie, Mary Wrubleski, Margaret York, Ronald York, Ann Holoob, Jeanette Stokes, Bruce Wadiak, Patty Tucker, Michelle Goldberg, Raymond Wizna, Catherine Ann Bylinski,

Anna Muzyka, Kathleen Ward, Olivia Zazworsky, Andrew, Christopher, Sarah, David, Alexander, Joseph, John, Kirsten, John, David, Bill and Gloria & *children* Oskar, Tessa, Robert, Jacob, and Jonathan, remembering all the sick, the suffering, those in hospitals and nursing homes, and all the men and women in the US Military, especially Vitaly Pacej, who serve our country and all of us. Please keep them in your prayers daily, asking God's protection upon them all.

HAPPY BIRTHDAY TO: Jessica Mazan, Alla Heretz, and Christopher Novak, and all those celebrating birthdays or special intentions, may the Lord grant you all "Many Blessed Years, Mnohaya Lita!"

Adult Bible Study: We will be reading Exodus 31-35. All are welcome to join.

Ukraine Situation: I have received multiple phone calls over the last week with offers from complete strangers to donate clothing, medical supplies, baby goods, etc. for those suffering in Ukraine. I will be meeting with the Mayor of Carteret this week to discuss and start coordinating a town wide donation effort. While it is a tragedy what is happening in our ancestral homeland, this is our opportunity to involve ourselves in our community and I hope I can rely on your participation in whatever manner you can. More information will be forthcoming as details are ironed out.

Newark FBI Field Office Visit: A representative from the Newark FBI will be coming to church on Wednesday at 7 PM to discuss the issues that we may encounter with cyber crimes and possible hate crimes against our church and community due to the invasion of Ukraine. I encourage all members to come and listen to what they have to say and to ask your questions of the FBI.

Question - Fasting is discussed in the services on Forgiveness Sunday, and all the days of Great Lent. What *most important* kind of fasting is stressed over and over?

Answer - The services of the church and the fathers stress over and over that our physical fast from food is useless if we do not also strive to "fast" from our iniquities. Fasting from food is an important aid to the help purify the soul, and to gain in virtue.

ALL EMERGENCIES: PLEASE MAKE SURE TO CALL FATHER JAMES for any and all emergencies – for hospital, nursing home, or home visitations. PLEASE call his Cell number 732-619-3259, if necessary, please leave a voice message, Father will return your call. THANK YOU.