

St. Demetrius Ukrainian Orthodox Cathedral



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Rev. Fr. James Cairns, Pastor

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Protopresbyter Dr. Taras Chubenko, Pastor Emeritus



Epistle: Heb. 4:14–5:6;

Tone 7

Gospel: Mk. 8:34–9:1

March 22nd, 2020 – 3rd Sunday of Great Lent Adoration of Cross

TODAY'S SERVICES: *Today's Greeter: Greeter cancelled due to COVID 19*

- Sun. 8:30am Sacrament of Confession – Fr. James will be available to any who desire full confession every Sunday starting at 8:30 AM.
- Sun. 9:00am Divine Liturgy – 3rd Sunday of Great Lent - Adoration of Cross The Holy Forty Martyrs of Sebaste: Cyrion, Candidus, Domnus, Hesychius and others (320). Urpasianus of Nicomedia (295). Righteous Caesarius, brother of St. Gregory the Theologian (369). St. Tarasius of Liconium.

SERVICES FOR THE WEEK:

- Sun. 8:30am Sacrament of Confession – Fr. James will be available to any who desire full confession every Sunday starting at 8:30 AM.
- Sun. 9:00am Divine Liturgy – 4th Sunday of Great Lent

NEXT WEEK's Greeter: Greeter cancelled due to COVID 19

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

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

PLEASE CONTINUE TO PRAY FOR: Mary Banko, Chester Bohanek Jr., Metropolitan Antony, Mary Wrubleski, Margaret York, Ann Holoob, John Zelenak, Jeanette Stokes, Pani Mary Ann, Bruce Wadiak, Alice Erwinski, Stella Meka, Eva Cerkevich, Patty Tucker, Michelle Goldberg, Alan Toth, Raymond Wizna, Nancy Grabie, Catherine Ann Bylinski, Anna Muzyka, Kathleen Ward, Olivia Zazworsky, George Terebush, Nadia, Henry, Margaret, Robert, Andrew, Christopher, Marci, Sarah, David, Alice, Mark, Andy, Steve, Ian, Timothy, Louis, John, John & 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: To Mary Velez, Miroslav Pancik, and Cristian Chubenko, and to all those celebrating special intentions, may the Lord grant you all “Many Blessed Years, Mnohaya Lita!”

**** TODAY – NO Coffee Hour ****

**** Coffee Hours CANCELLED Indefinitely ****

Baking Pascha with the kids - Cancelled for the foreseeable future. We will resume once things are back to normal.

ANNUAL CHURCH MEETING – POSTPONED INDEFINITELY Our annual meeting is postponed due to the possible issues from the COVID 19 virus.

Watching Divine Liturgy on the Internet:

Here are practical tips to get the most out of the live-streamed Liturgy:

- Before 9 AM., place your device (phone, television, computer, tablet) on or near your icon corner; OR, surround your device with one or more icons.
- Turn off all possible distractions (phone, notifications, oven, alarms, etc.)
- Like you do before church, take care of all personal needs beforehand.
- Dress like you would for a regular Sunday Liturgy. (Casual clothes may encourage a casual, non-prayerful attitude.)
- Follow your regular pattern for maintaining the Eucharistic fast, refraining from food, coffee, etc. until after the Liturgy.
- Follow along in the prayer book. If you need a copy, please contact Father.
- Follow along during the services, and sing/speak along with us, in whatever way you normally would do during the Liturgy.
- As you are able, stand, sit, and kneel as you normally would do during the service.
- Finally, resist the urge to offer any comments online until after the Liturgy is over.

In short, I encourage you to make these few hours a time of sincere devotion and worship.

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.