

# NATIVITY OF THE BLESSED VIRGIN ORTHODOX CHURCH

UKRAINIAN ORTHODOX CHURCH OF THE USA

416 Delmore Avenue • South Plainfield, New Jersey 07080

Phone: 908-400-7099 Church Hall: 908-561-6366

Website: [www.nbvoc.orthodoxws.com](http://www.nbvoc.orthodoxws.com)

Pastor: Rev. Fr. Vasyl Pasakas

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**14 March 2021**

*Cheesefare Sunday*

*The Expulsion of Adam and Eve from Paradise*

*Ven. Benedict of Nursia*

*St. Theognostus, Metropolitan of Kiev & Rus'*

*Rt. Blv. Great Prince Rostislav (Michael), Prince of Kiev and Smolensk*

**Epistle:** Romans 13:11-14:4      **Tone:** Lenten Triodion

**Gospel:** Matthew 6:14-21      **Reader:** Mike Ratai

## UPCOMING FEASTS:

Mon., March 15 *Beginning of Great Lent*

Mon., March 16 until Fri., March 19

7:00 p.m. Canon of St. Andrew of Crete  
(At St. Andrew Memorial Church)

Wed., March 17 10:00 a.m. Liturgy of Pre-Sanctified Gifts  
(At St. Andrew Memorial Church)

Sun., March 21 *1<sup>st</sup> Sunday of Great Lent - Sunday of Orthodoxy*  
9:30 a.m. Liturgy of St. Basil the Great

Thurs., March 25 *Annunciation*

Sun., March 28 *2<sup>nd</sup> Sunday of Great Lent – Sunday of St. Gregory Palamas*  
9:30 a.m. Liturgy of St. Basil the Great

Sun., April 4 *3<sup>rd</sup> Sunday of Great Lent - Sunday of the Veneration of the Cross*  
9:30 a.m. Liturgy of St. Basil the Great

**THE RITE OF FORGIVENES ON CHEESEFARE SUNDAY** will take place following today's Divine Liturgy.

**READER'S LIST:** Andy Olear (3/21), Andrei Marinich (3/28), Anita Anderson (4/4)

**MARCH BIRTHDAYS:** Mike Ratai (22)

**SNOW REMOVAL AT CHURCH:** Due to the cold weather and snow accumulation, please donate to cover the \$1,525 bill for snow plowing at the Church parking lot.

**SUPPORT THE MINISTRIES OF THE CHURCH:** For a \$50 donation, you can support one of three ministries supporting the elderly, the disabled and the orphans. Each \$50 donation earmarked to one of the three projects will receive a mug. To donate, visit the UOC of USA website (and select which area you wish to support).

**PARISH DUES:** Please submit your parish dues (\$100/individual or \$200/family), plus updated addresses, phone numbers, birth dates, etc., no later than March 31st. Checks payable to Nativity of the Blessed Virgin Orthodox Church.

**COFFEE HOUR:** Please sign up for a future coffee hour after Divine Liturgy. Please keep in mind social distancing and safe food handling while enjoying coffee hour with fellow parishioners.

**HOLY COMMUNION:** Please remember that Holy Communion is only offered to Orthodox Christians who have prepared themselves through prayer, fasting and sincere repentance of their sins (Holy Confession). Everyone is invited to partake of the "prosfora/antidoron" (blessed bread) which is a reminder of the "agape feast" that followed worship in the early Church at the conclusion of Divine Liturgy.

**HOLY CONFESSION:** A sacrament of Holy Confession is as important as a sacrament of Holy Communion. Both of them need to be practiced as often as possible. We pray that we may not receive Holy Communion unworthily or unto condemnation. Holy Confession makes us to be worthy. If you would like to participate in the sacrament of Confession, please let Fr. Vasyl know either before or after the services.

**PLEASE KEEP IN YOUR PRAYERS:** Fr. Stephen, Fr. Oleh, Fr. Volodymyr, Fr. Volodymyr, Fr. George, Fr. James, Protodeacon Michael, Pani Mary Ann, Kathie Thomas, Natalia, Nagy, Anna, Emil, Andy Olear, Ludmyla, Ivan, Anna, Penelope, Maryann, Tom, Peggy and Amy.

*If you or your loved ones are sick or in the hospital, please let Fr. Vasyl know.*

**SUPPORT YOUR PARISH!** Support your parish financially by utilizing the HELP and/or BUILDING FUND envelopes in your weekly donations.

**ONLINE MORNING AND EVENING PRAYERS WITH THE SEMINARIANS:** Join the Seminarians of St. Sophia Seminary every day for live-streamed services on the Seminary Facebook Page (<https://www.facebook.com/stsuots>)

**Morning Prayers at 7 AM**

**Evening Prayers at 9 PM**

**PRAYER SERVICE FOR CHILDREN & PARENTS:** Every Monday at 7 pm at St. Andrew's Memorial Church.

**YOUTH MINISTRY SURVEY:** Please go online and complete the survey published by the Office of Youth Ministry and Consistory of the UOC of USA regarding. Please select and complete the appropriate survey for your position in the parish community and age of the children completing the survey.

**UOC of USA WASHABLE FACE MASKS** are sold at the Consistory Bookstore or Online in 2 colors (black or white). \$10 each. Support the Church and stay safe at the

**ST. SOPHIA SEMINARY FUNDRAISER:** Several items are available for purchase on the UOC of USA on-line bookstore or in person at the Consistory.

- Water bottles: \$10 / Aprons: \$20 / Polos: \$28 / Sweatshirts: \$35

**UKRAINIAN HISTORY & EDUCATION CENTER VIRTUAL WORKSHOPS** launched for the rest of 2020. Online registration required for most programs by visiting "Calendar" at [ukrhec.org](http://ukrhec.org).

- Stories from Storage: highlights from the Permanent Collection and Archives
- Nashi Predky@Home: Wednesday office hours and help in researching genealogy
- Crafts for Kids with the UHEC: Monthly online workshops for school aged kids based on exhibits and items from collection
- Folk Art Workshops for Adults: monthly online workshops & lectures

**MISSED A SERVICE?** You can watch all the previously recorded services on the YouTube Page of the UOC of USA. Also, all services have been posted on the NBVOC webpage.

**SERVICE PROJECTS:** Our parish community is supporting the following institutions. Please consider supporting them by donating the following items:

- South Plainfield Food Pantry: canned goods and/or prepared canned meals
- Ronald McDonald House (Red Bank): soda can pop tabs and cat food tabs

### **PROPER TIMES TO CROSS YOURSELF**

- when you hear the words "Father, Son, and Holy Spirit"
- when you are blessed with the Holy Gospel, the Chalice and the Cross
- before and after the Gospel reading
- when venerating the Holy Gospel, the Cross or Icons
- You should NOT cross yourself when blessed by a priest with his hand – just bow. Also, you should not cross yourself when receiving Communion; the movement of your hand may hit the chalice or spoon that the priest is holding.

#### **Examples of Everyday Orthodox Christian Salutations**

Christ is Among Us!  
Glory to Jesus Christ!

*He is and always shall be!*  
*Glory forever!*

# WELCOME BACK TO NBVOC

As we resume our regular service schedule, please keep in mind the safety of our community during this time.

Bulletin and updates will be regularly posted on our website and the website of the UOC of USA.

## **Guidelines that will be followed by our parish:**

1. Six feet social distance must be kept at all times.
2. Face masks must be worn at all times, except if you have difficulty breathing or a child under 2. Remove your mask right before receiving Communion, and put it back on when returning to your seat.
3. Please remember to use hand sanitizers and wipes.
4. Enter the church through the main door and exit through the social hall.
5. People age of 65 plus are considered high risk. It is recommended for them to stay home, but they are still welcomed to be in church if they decide so.
6. If anyone has a temperature of 100.4°F or higher, please do not attend the scheduled service.
7. Please sit in every other pew/six feet apart; family members may sit together
8. Collection basket will not be passed during Liturgy. It will be in a fixed stationary place.
9. Candles will be placed in candle holder in front of church—please only touch the candle(s) you purchased. Money can be placed in collection basket.
10. Church bulletins will continue to be only in a digital version.
11. No kissing Icons, Gospel Book, Cross or Chalice. Only bowing down in front of them as a sign of respect and veneration.
12. Holy Communion will be put in your mouth with a spoon without touching it. Do not touch the Communion Cloth during Communion.
13. Antidoron/church bread will be available after Liturgy in a Ziploc bag.
14. There will be no coffee hour or gatherings in the Social Hall.
15. It is strongly recommended for everyone to approach the Holy Sacrament of Confession after such a long time not being able to be in church before receiving Communion.

Private meeting with clergy will have to be scheduled in order to maintain 6 feet social distancing.

If you have any questions, please see Fr. Vasyl after Liturgy