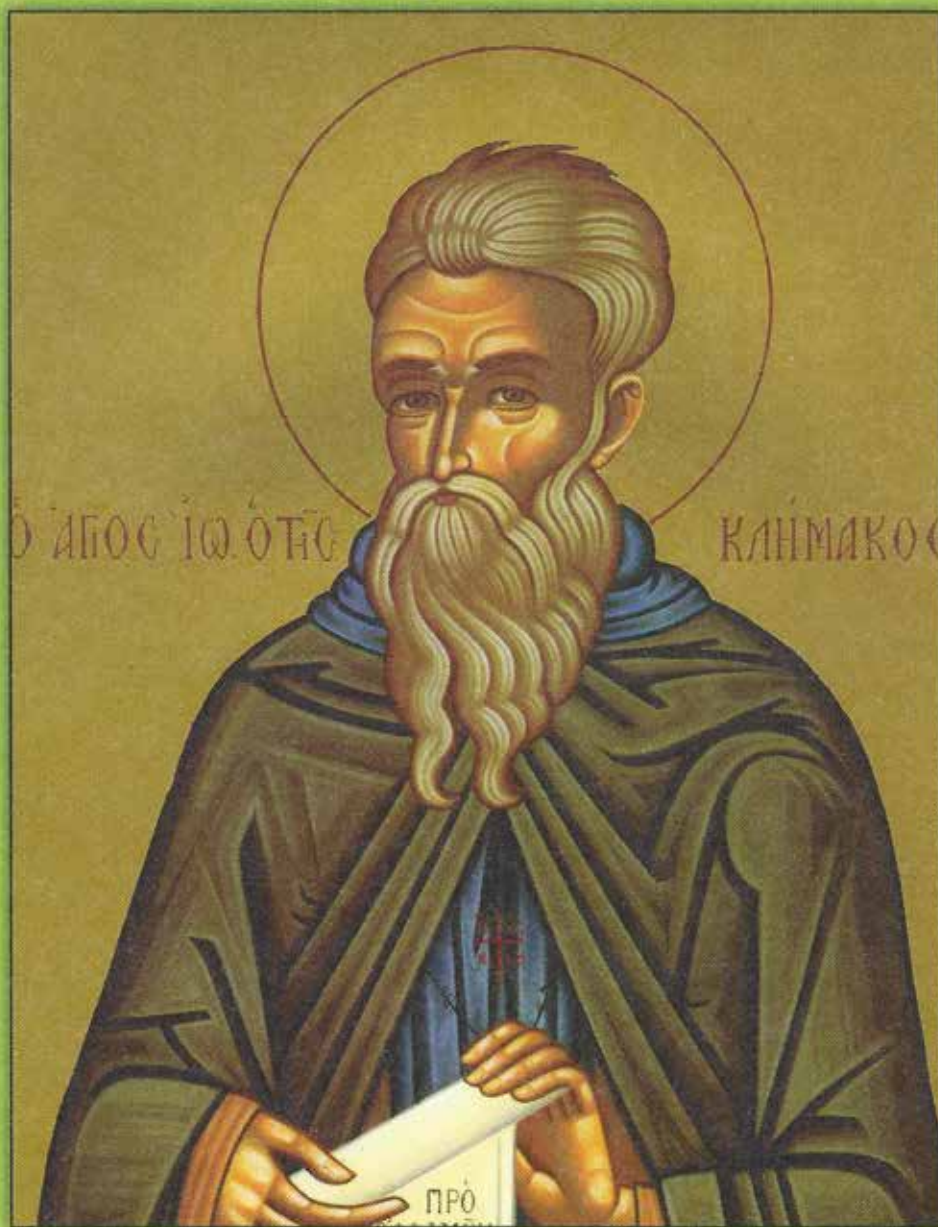


FOURTH SUNDAY OF THE GREAT FAST
SAINT JOHN CLIMACUS



Icon of Saint John Climacus

Fourth Sunday of the Great Fast

March 22, 2020

MEMORANDUM OF THE BISHOPS OF THE UKRAINIAN CATHOLIC CHURCH IN THE UNITED STATES OF AMERICA REGARDING THE COVID-19 PANDEMIC

*“Whatever you did for one of these least brothers of mine, you did for me.”
(Mt. 25, 40)*

Dear clergy, religious, and faithful!

Responding to the outbreak of the global pandemic virus COVID-19, which has been spreading with lightning speed across the globe, we, bishops of the Ukrainian Catholic Church in the United States, united in solidarity, wish to address you with assurances of our joint prayers and efforts. Bound together in our care for the spiritual and physical health of our faithful, we would like to inform you about certain norms and practices intended to confirm us in faith and truth, safeguarding all members of our communities, especially the most vulnerable, and preventing the spread of disease.

Keeping in mind the fragility of human life and acknowledging with humility the limits of human reason and resources, we are called to do all that is

possible to help the national government, local authorities, and medical personnel to fight the spread of the virus.

Medical workers and scientists are unanimous in warning that this fight will be protracted, one that will require the solidarity of all people across the globe. The speed of transportation and the globalization of today’s world facilitate the spread of the virus. But the quality of our interpersonal relations and our solidarity—and it is Christ who grants these gifts—are able to slow down the contagion that takes more and more lives every day. The experience of the countries that squarely faced the consequences of the virus and acted quickly and decisively shows that it is possible.

“Love your neighbor!” These times call us to faith in God, trust in each other, focused efforts, solidarity and coordinated actions. Love, we know, entails closeness, even intimacy. In today’s circumstances, however, a certain

distance may be the proper expression of interpersonal love and civic responsibility. Thus, the Ukrainian Catholic Church supports governmental regulations and public health measures connected with the pandemic. We ask you, our dear faithful, to follow the advice of the Centers for Disease Control and Prevention (CDC) and take care of your personal safety and hygiene as well as of those around you.

Christ is in our midst! Unfortunately, the necessary public health norms on social distancing, including restrictions on public meetings, make it impossible for the Church to carry on our usual rhythms. At the same time, despite the difficult situation, the Church does not stop Her activity and service. We are called to be creative in living our communion. We Christians continue to bear witness to the presence of God in the created world, to His action in the life of all people, to His love for every person. It is the hour to show our love and care for the elderly in our communities, who today are most at risk and for all who experience social isolation.

These times of trial are a unique opportunity to manifest our love for God and neighbor. Today, when we are limited in public liturgical practices, our life in Christ will be measured by the authentic quality of our personal relationship with God and neighbor: in private and family

prayer and in works of charity. In the midst of today's pandemic caring for one's neighbor calls for clear and immediate expression.

The experience of our underground Ukrainian Greek Catholic Church (1945–1989) is a source of inspiration and faith for us. In recent memory having been deprived of all of its church buildings and all other infrastructure, the Greek Catholic Church in Ukraine and elsewhere in the communist world was led by God to find creative ways to foster the spiritual life of its members for two generations. Through excruciating suffering and great losses, our Church was forged, cleansed, and prepared for a new life in a new millennium. Now is the time to prayerfully reflect upon this salvation history. The Lord will guide us again in fortitude and flexibility to praise Him and foster communion and solidarity among us.

Public Services

1. All weekday and Sunday services will be celebrated temporarily without the participation of the assembly of the faithful. Our clergy will continue to celebrate and pray for you and with you vicariously. We will celebrate the Divine Liturgies and other services in behalf of and for all of you, especially for the sick and the healthcare providers. We will

beseech the Lord for wise and prudent decisions on the part of government and medical authorities. We will pray for the eternal repose of the deceased. We are obligating our priests to be steadfast in prayer for their flock. Be as Moses, who raised his hands in prayer so that whole people of God could prevail over the enemy (cf. Ex 17, 11-12).

2. Our churches will remain open for private prayer at designated times. We ask the pastors to guarantee the safety and frequent disinfection of our churches.

3. We renew and confirm the dispensation from the obligation to participate in Sunday services. At the same time, **we ask you to pray as a Domestic Church (as a family or household unit) on Sundays and on Holy Days.** We suggest making use of the ZhyveTV and internet resources of your eparchy or parish. Read prayerfully the Holy Scriptures, reflect upon the source and meaning of your life, on God's love and salvific action on our behalf.

4. We encourage you to make best use of the quarantine time, which coincides with Great Lent, for personal prayer, reading the Word of God, and building a more profound relationship with Our Lord, our neighbors and in our families.

5. We ask that all the Lenten practices -- e.g., missions and spiritual exercises -- be held with the aid of the internet and other means of social communication.

Sacraments and Sacramentals

1. We kindly ask that you postpone, in consultation with your pastor, the Sacraments of Christian initiation (Baptism and Chrismation) and Matrimony.

2. The faithful can avail themselves of the Sacrament of Repentance (Confession) in church, taking all necessary precautions for social distancing.

3. In cases of grave illness or danger of death, priests are obligated to administer the Sacrament of the Anointing of the Sick, while assuring safety for all involved.

4. Priests will celebrate funerals with the participation only of the immediate family members of the deceased, according to local regulations regarding public assemblies.

Practical Advice

1. Dear priests, religious, sisters and brothers! If you feel sick, we urge you to stay at home, call your doctor, and obey all medical and civil regulations.

2. We encourage our pastors to maintain personal contact with their

faithful, especially with the elderly and sick by phone and via social media. Our priestly ministry continues without ceasing.

3. Confessions are to take place in the open, not in a confessional. Safety of the penitent and priest must be assured.

4. Frequently sanitize with disinfectant whatever people tend to touch in the churches: pews, door handles, etc.

5. During private prayer in church, maintain a safe distance from each other (6 feet or 2 meters).

6. Venerate icons and the Cross by bowing your head and with a sign of the cross or by prostrations. Do not kiss icons or the Cross.

7. Comply with the guidelines and prescriptions of governmental authorities (town, county, state, federal) regarding

public gatherings and personal safety.

These norms are effective immediately after being published on Wednesday, March 19, 2020. We carefully follow developments, consult experts and will update our norms and regulations according to new information and circumstances.

God is calling us to a new and deeper spiritual awareness. We encourage you to stay united in the communion of the Holy Spirit! Pray! Stay vigilant! Sing, smile, and laugh! Exercise and read! Pay attention to your health and help people who are under risk in your family as well as in your neighborhood! Communicate and support each other in spirit and deed!

The blessing of the Lord be upon you!

+ Borys Gudziak

Archbishop of Philadelphia for Ukrainians
Metropolitan of Ukrainian Catholics in the United States

+ Paul Chomnycky, OSBM (Eparch of Stamford)

+ Benedict Aleksiychuk (Eparch of St. Nicholas in Chicago)

+ Bohdan J. Danylo (Eparch of St. Josaphat in Parma)

+ Andriy Raby (Auxiliary Bishop of Philadelphia)

given March 19, 2020

from Metropolitan Cathedral of Immaculate Conception in Philadelphia, PA

THE SUNDAY OF ST. JOHN CLIMACUS

Though details of the life of St. John Climacus are sketchy, it is known that he was born in the 6th century and entered the monastic life at an early age. After 40 years of living as a hermit, he was elected abbot of the monastery of St. Catherine at Mount Sinai. Because of his reputation for wisdom and piety, pilgrims traveled from all over the East to visit him. Many miracles were attributed to St. John during his lifetime. Yet it was above all in the gift of spiritual teaching that God manifested His grace in him. Basing his teaching on his personal experience, he generously instructed all those who came to him. This spiritual teaching, however, attracted the jealousy of some who then spread evil rumors about his character.

Although his conscience was clear, Abba John stopped teaching for a whole year, convinced that it was better to do some slight harm to his friends rather than to exacerbate the resentment of the wicked. All the inhabitants of the desert were edified at his silence and by this proof of humility, and it was only at the insistence of his repentant detractors that he agreed to receive visitors again. He passed to the Lord on March 30, about 649. Throughout Lent, The Ladder of Divine Ascent, the spiritual classic authored by St. John is read in monasteries. The reading of this book is completed on this, the Fourth Sunday of Great Lent, and so we honor him on this day.

MEDITATION FOR

THE FOURTH SUNDAY OF THE GREAT FAST

Jesus cures a sick boy telling his father, "Everything is possible to one who has faith" (Mk. 9:23). Jesus observed that this type of cure could only come about through prayer. The disciples were men of faith but could not cure the boy. Jesus seems to become impatient with them when he says, "How long will I endure you" (Mk. 9:19). Even Jesus' closest apostles needed to be reminded of the

power of prayer, and the need to nurture it. The Great Fast invites you and me to nurture the power of faith with steadfast and honest prayer with Jesus. It involves our reflecting on our priorities in life as we stand before Jesus. Recall the parables which speak of the Kingdom of God as a treasure found in a field, or as a pearl of great value. Those who find it sell all that they have in order to possess it. Are we

zealous in nurturing the value of our precious faith? Do we do and give what we can to see that the faith is valued, taught and shared? The journey of Great Fast leads you and me to nurture our faith in steadfast prayer and with acts of charity

with the hope that Jesus Christ will not ask “How long must I endure you”, but rather rejoice in the powerfully living of our faith. Join with others in the parish to nurture your faith as a family of God.

ACT OF SPIRITUAL COMMUNION

It has long been a Catholic understanding that when circumstances prevent one from receiving Holy Communion, it is possible to make an Act of Spiritual Communion which is a source of grace. Spiritual Communion means uniting one's self in prayer with Christ's sacrifice and worshipping Him in His Body and Blood. The most common reason for making an Act of Spiritual Communion is when a person cannot attend the Divine Liturgy. Acts of Spiritual Communion increase our desire to receive sacramental Communion and help us avoid the sins

that would make us unable to receive Holy Communion worthily. When unable to receive Holy Communion, pray the following prayer:

“My Jesus, I believe that You are present in the Most Holy Sacrament. I love you above all things and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to you. Never permit me to be separated from You. Amen.”

FISH DINNER FUND-RAISER FOR ST. CYRIL'S

St. Cyril's 8th Annual “Baked Haddock Fish Dinner” has been CANCELED due to COVID-19. We will refund the money

to anyone who has already purchased a ticket.

DIVINE LITURGY INTENTIONS TO BE RESCHEDULED

Any Divine Liturgy intentions which have been scheduled during this time of the Pandemic will be reschedule at a time when Church is once again open to

public worship. During this period my intentions will be for the health and well-being of our Parishioners and an end to this COVID-19 crisis.

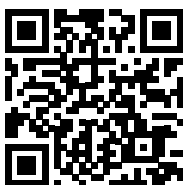
Ss. Cyril & Methodius Ukrainian Catholic Church

135 River St., Olyphant, PA 18447-1435

Telephone: 570-291-4451 Fax: 570-489-6918

Web Site: stcyrils.weconnect.com

E-Mail: sscyrilandmethodius@comcast.net



Rev. Nestor Iwasiw, Pastor

The Ladder of Divine Ascent

Saint John Climacus (which means, of the ladder) was a sixth-century saint who entered the Monastery of Saint Catherine at Mount Sinai at age sixteen and dedicated his life to God. Over the course of his years at the monastery he developed a reputation for wisdom, selfdiscipline and an intense desire to grow in holiness.

He lived for seventy years at the monastery and eventually became hegumen (abbot). Although Saint John loved his monastery, he preferred solitude and spent many years in the wilderness living the life of a hermit. Even so, he was sought out by many pilgrims who traveled to Mount Sinai in search of this hermit saint and his wisdom.

Saint John is perhaps best known for his au-

thorship of a book entitled *The Ladder of Divine Ascent*. Even today, this thirty-chapter book is considered to be one of the most significant spiritual writings of Christian literature. Each of the thirty chapters represents one rung on a symbolic spiritual ladder of perfection leading from earth up to heaven. Thus, each chapter presents the reader with another spiritual exercise through which the highest point of earthly perfection may be reached before being consummated in heaven.

When he died, it was said of him that "his body ascended the heights of Mount Sinai, but his soul ascended the heights of heaven." By his example and through his prayers, may our sights remain high and heavenward as we continue on our Lenten journey.