

Transfiguration of Our Lord Church
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Slava Isusu Christu! Slava Na Viki!
Glory to Jesus Christ! Glory Forever!
February 8, 2026, A. D.

Saturday, February 7
6:00 PM

SUNDAY OF MEATFARE

†Kaminsky & Augustine Families – Denise Kaminsky

Sunday, February 8
10:30 AM

SUNDAY OF MEATFARE

Janusz Wolanin, God's blessings & health –
Mark & Arlene Jennings

AFTER LITURGY

Monday, February 9
9:00 AM

MYASOPUSNA

† Walter Keske – Ulana Campbell

Tuesday, February 10
9:00 AM

† Anna Kutsup – Donna Wurster

Thursday, February 12
9:00 AM

God's Blessings for America- Tom & MaryAnn Potsko

Saturday, February 14
6:00 PM

SUNDAY OF CHEESEFARE

†Margaret Yanoshak- Rob & Donna Drummond

Sunday, February 15
10:30 AM
3:00 PM

SUNDAY OF CHEESEFARE

God's Blessings on Alex Szumskyj- Ulana Campbell

FORGIVENESS VESPERS

Saint Peter & Paul Church (Plymouth)



Divine Liturgy: Saturday 4:00PM; Sunday 8:30AM

"If you forgive men their trespasses, your heavenly Father will also forgive you, but if you forgive not men their trespasses, neither will your Father forgive your trespasses..." (Mark 6:14-15)

SUNDAY OF MEATFARE
FEBRUARY 8, 2026



TROPAR: When You went down to death, O Life Immortal, You struck Hades dead with the blazing light of Your divinity. When You raised the dead from the nether world, all the powers of heaven cried out: “O Giver of Life, Christ our God, glory be to You!” **Glory be to the Father and to the Son and to the Holy Spirit now and forever and ever. Amen.**

KONDAK: When You come on earth, O God, in glory, and the universe trembles, while the river of fire flows before the seat of judgement, and the books are opened and all secrets disclosed, then deliver me from the unquenchable fire, and count me worthy to stand at Your right hand, O Judge who are most just.

PROKEIMENON: Great is our Lord and great is His strength; and of His knowledge there is no end. Praise the Lord, for a psalm is good; may praise be sweet to Him. Great is our Lord and great is His strength; and of His knowledge there is no end.

A Reading of the First Epistle from the Holy Apostle Paul to the Corinthians (8:8-9:2):

Brethren, but food does not bring us near to God; we are no worse if we do not eat, and no better if we do. Be careful, however, that the exercise of your rights does not become a stumbling block to the weak. For if someone with a weak conscience sees you, with all your knowledge, eating in an idol’s temple, won’t that person be emboldened to eat what is sacrificed to idols? So this weak brother or sister, for whom Christ died, is destroyed by your knowledge. When you sin against them in this way and wound their weak conscience, you sin against Christ. Therefore, if what I eat causes my brother or sister to fall into sin, I will never eat meat again, so that I will not cause them to fall.

ALLELUIA: Alleluia(3). Come, let us rejoice in the Lord; let us acclaim God our Savior. Alleluia(3). Let us come before His face with praise, and acclaim Him in psalms. Alleluia(3).

A Reading from the Gospel of Matthew 25:31-46:



The Lord said, "At that time when the Son of Man shall come in his majesty, and all the angels with him, then he will sit on the throne of his glory; and before him will be gathered all the nations, and he will separate them one from another, as the shepherd separates the sheep from the goats; and he will set the sheep on his right hand, but the goats on the left. Then the king will say to those on his right hand, 'Come, blessed of my Father, take possession of the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me to eat; I was thirsty and you gave me to drink; I was a stranger and you took me in; naked and you covered me; sick and you visited me; I was in prison and you came to me.' Then the just will answer him saying, 'Lord, when did we see you hungry, and feed you; or thirsty, and give you drink? And when did we see you a stranger, and take you in; or naked, and clothe you? Or when did we see you sick, or in prison, and come to you?' And answering, the King will say to them, 'Amen I say to you as long as you did it for one of these, the least of my brethren, you did it for me.' Then he will say to those on his left hand, 'Depart from me, accursed ones, into the everlasting fire which was prepared for the devil and his angels. For I was hungry, and you did not give me to eat; I was thirsty and you gave me no drink; I was a stranger and you did not take me in; naked, and you did not clothe me; sick, and in prison, and you did not visit me.' Then they also will answer and say, 'Lord, when did we see you hungry, or thirsty, or a stranger, or naked, or sick, or in prison, and did not minister to you?' Then he will answer them, saying, 'Amen I say to you, as long as you did not do it for one of these least ones, you did not do it for me.' And these will go into everlasting punishment, but the just into everlasting life."

COMMUNION HYMN: Praise the Lord from the heavens; praise Him in the highest. Alleluia(3). Rejoice in the Lord, O you just; praise befits the righteous. Alleluia(3).



Petitions & Prayers for Our Parishioners: Please pray for our Parishioners: **At Home:** Shirley Kozar, Dolores Miller, Rita Kurtz, Diane Petry, Mary Louise Bailey. **Prayer Request:** Michelle Miller; Kerri; Ellen Kobela, Fr. Peter Waslo; Mary Oresick; Fr. Paul Wolensky, Pavlyk Motychka (baby in Ukraine with SMA); Joyce Kishbaugh, Ken Weber; Marie Slota; Fr. Gregory Maslak, Angel Ocasio, Elizabeth Biasci, Dolores Jennings, Mike Oresick, Mark & Debbie Schwartz, Mary Schwartz, Helen Lipowski, Raquel Camelia, Marie Neimeyer, Leona Kobela, Paulette Parcel, Josh Alberola, Sister Evhenia Prusnay & Mother Maria M.S.M.G. & all Parishioners who are experiencing health issues.

CHURCH NEWS "Every day is a Holy Day of Opportunity. Pray Without Ceasing."

WELCOME: Welcome Saint Mary's Dance Group and their Families to our Parish!



MYASOPUSNA: The Myasopusna Celebration is scheduled for this Sunday, **February 8th, 2026**. This year will feature the St. Mary's Ukrainian Dancers.

Ukrainian Beer and wine will be available. Doors open at noon. Cocktail 1/2 hours are noon-12:30. **Serving** starts at 12:30PM and **stops** at 2:00PM. Program will start at approximately 1:30PM. No Tickets Will Be Sold at the Door. **Take-outs are available.**

HAPPY BIRTHDAY: A Happy Birthday to **Ellen Alqrainy** who celebrates her birthday on February 7th. Mnohaya Lita! May God grant her and her family, Many Happy Blessed Years!

HAPPY ANNIVERSARY: Happy Anniversary to Mark & Arlene Jennings who are celebrating their Wedding Anniversary on Saturday, February 14! Mnohaya Lita!

FIRST SATURDAY LITURGY: PLEASE TURN IN YOUR PETITIONS: Twelve Liturgies were given for the first Saturday of each month, February 2026 A.D. to February 2027 A.D., the next one is **March 7th 2026 A.D.**, for any Family experiencing troubles in their lives and seeking God's help. **If you have such a petition for a family please feel free to share it with Fr. Walter to be included in the Saturday's liturgy intention.**

LENT: Remember, the first day of Lent is a fast from Meat and Dairy Products. **Lent begins with Forgiveness Vespers, Sunday, February 15th. This year Forgiveness Vespers will be at 3:00PM with confessions starting at 2:15PM, until 2:45PM.** The first full day of Lent will begin on **Monday, February 16** and is a day of abstinence from Meat and Dairy Products for everyone who is able to do so. All Fridays are always a day of fast. Traditionally, Wednesdays are ALSO a day of fast during Lent. Anything you can do extra is also indicated. Remember there are no weekday Liturgies during the Great Fast.

PRE-SANCTIFIED LITURGY: Pre-Sanctified Liturgies will be on Wednesdays at 6:30PM at Transfiguration of Our Lord Church in Nanticoke and on Fridays at 4:00PM at Saints Peter & Paul Church in Plymouth.

CHURCH ENVELOPES & CALENDARS: Church envelopes and calendars are in the basement of the church for pick-up.

PSANKY CLASSES: St. Cyril & Methodius are holding Psanky classes. These classes are artistically taught by TAMMY BUDNOVITCH on February 22 & March 1st. Pick either 12:00 or 3:00 for classes. All supplies are provided. Fee: \$25. All proceeds support SS. Cyril & Methodius, Ukrainian Catholic Church. For reservations: Call Tammy 570-766-1919.



O Joyful Light”

O Joyful Light, Holy Glory of the Immortal Father, Heavenly, Holy, Blessed Jesus Christ: Having reached the setting of the sun, having seen the evening light, let us sing of God, Father, Son, and Holy Spirit. It is proper at all times to praise You with reverent voices O Son of God, the Giver of Life, the whole world glorifies You.

PRAYER BEFORE WORK: O Lord Jesus Christ, the only begotten Son of the eternal Father, Thou hast said, “Without me you can do nothing.” In faith I embrace Thy words, O Lord, and bow before Thy goodness. Help me to complete the work I am about to begin for Thine own glory: in the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

THE FIVE SATURDAYS OF THE DECEASED (SOROKUSTY)



The Five Saturdays of the Deceased (Sorokousty) The Church Typikon designates the five Sorokousty/ Saturdays of the Deceased for 2026 as February 7th; **February 28th**, March 7th and 14th, and May 23rd. It is a tradition of our Holy Church to commemorate the memories of our beloved deceased at

Matins of the Deceased (Parastas) on these five Saturdays of the year. Sorokousty Services will be celebrated at 8:00am.

BOOK(S) OF THE MONTH FOR FEBRUARY:
St. John of Damascus; On the Divine Images
By St. John of Damascus/Translated by David Anderson
ISBN: 0-913836-62-1

Prayers to the Mother of God, The Surety of Sinners

O mine all-good Queen, O Theotokos my hope, refuge of the orphaned and advocate for strangers, joy of the sorrowful and protector of the oppressed! Thou seest my misfortune, thou seest my tribulation. Help me, for I am weak; guide me for I am a sojourner. Thou knowest mine offense: lift it as thou alone art able, for I have none other help than thee, none other advocate, none other good consoler than thee, O Mother of God, to preserve me and protect me unto the ages of ages. Amen.



FEBRUARY CANDLES

The **Altar Candles** are given by the Pasicznyk Family
In loving memory of Alex & Irene Jaworskyj.

The **Eternal Light** is given by the Yanoshak Family
In loving memory of Ryan Yanoshak.

The **Proscomedia Table** is given by the Pasicznyk Family
in loving memory of Anhel Pasicznyk.

The **Candle Before St. Nicholas** is by Lisa Placek
In loving memory of Mary Amber Davis.

The **Candle before Jesus Christ** is given
by the Lee Family in loving memory of
Red & Helen Lee.



ASK FATHER A QUESTION? Father, why should I fast for Lent? Why not eat? What purpose does that serve? Can't I just pray? I am a good person, why is fasting needed? The reason we fast during Lent and indeed and not just fast, but to pray more and to give alms to the poor, is because we are not good unless we do these things. If I love the God who created me and I desire to be with Him eternally, then I need to grow spiritually in strength and in virtue. I need to do more than merely avoid sin but also need to do good works in the world. The appetite of food is the most basic human appetite. If I cannot control my appetite for food and drink, then I will have even greater difficulty being in control of my other human appetites. I will be easy prey to fall into the seven deadly sins: Pride, Gluttony, Sloth, Avarice (Anger), Lust, Greed, & Despair. The Seven Virtues are: Temperance, Prudence, Fortitude, Courage, Faith, Hope, & Charity. If you desire to be spiritually strong; fast, pray and give alms.

Now, forgiveness stands at the very center of Christian faith and of Christian life because Christianity itself is, above all, the religion of forgiveness. God forgives us, and His forgiveness is in Christ, His Son, Whom He sends to us, so that by sharing in His humanity we may share in His love and be truly reconciled with God. Indeed, Christianity has no other content but love. And it is primarily the renewal of that love, a return to it, a growth in it, that we seek in Great Lent, in fasting and prayer, in the entire spirit and the entire effort of that season. Thus, truly forgiveness is both the beginning of, and the proper condition for the Lenten season. One may ask, however: Why should I perform this rite when I have no "enemies"? Why should I ask forgiveness from people who have done nothing to me, and whom I hardly know? To ask these questions, is to misunderstand the Orthodox teaching concerning forgiveness. It is true that open enmity, personal hatred, real animosity may be absent from our life, though if we experience them, it may be easier for us to repent, for these feelings openly contradict Divine commandments. But, the Church reveals to us that there are much subtler ways of offending Divine Love. These are indifference, selfishness, lack of interest in other people, of any real concern for them -- in short, that wall which we usually erect around ourselves, thinking that by being "polite" and "friendly" we fulfill God's commandments. The rite of forgiveness is so important precisely because it makes us realize -- be it only for one minute -- that our entire relationship to other men is wrong, makes us experience that encounter of one child of God with another, of one person created by God with another, makes us feel that mutual "recognition" which is so terribly lacking in our cold and dehumanized world. - ***Father Alexander Schmemmann***

Prayer to the Twelve Holy Apostles of the Lord

O holy, glorious and all-laudable apostles, ye chosen disciples and confessors of the great High Priest, our Lord Jesus Christ, and initiates of His mysteries: Peter and Andrew, James and John, Philip and Bartholomew, Thomas Matthew, James and Jude, Simon and Matthias! Entreat Christ God, that He vouchsafe that we may pass from our vain sojourn in this world to stand at His right hand in His kingdom, that He may transform us from children of disobedience to children of obedience, and that, having put off the old man, we may clothe ourselves in the new man, fashioned after God in righteousness and the sanctity of truth: that, walking in rightness of faith, we may approach the heavenly Father in the inheritance of everlasting dignity, may contemplate heavenly things, and may most clearly behold the Holy Trinity in glory, unto endless ages. Amen.

A Spiritual Psalter or Reflections on God
from the writings of Saint Ephraim, the Syrian

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There is no hiding — God sees all. Hurry to cleanse yourself while there is still time.

I sin and hide so that no man will see me; but the Lord sees me when I do evil. If a man sees me, I am ashamed; but I feel no shame before God. Have compassion and mercy on us, O Judge and Master of judges! If a man be converted, whether sooner or later, Thou wilt accept him. What shall I do with my sins? I do not know. My mind cannot imagine what I might use to wash and cleanse myself. If I took it into my head to wash with water, then the seas and the rivers would not be sufficient to cleanse me. Yet if I wash myself with the blood and water that flowed from the rib of the Son of God, then will I be cleansed, and compassion will be showered upon me. Tremble, O sinner, at the coming judgment; with tears and sorrow run to repent. While prayer is still accepted, pray here, that you might be accepted there. Pray, while death has not yet come and carried away your soul, for then all prayer and supplication will be in vain, then even tears will be of no avail.

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A prayer to the Theotokos for help in life, in death, and after death

O Virgin Lady, O Mother of the man-befriending God! Direct my heart to contrition and humble it; fill mine eyes with saving tears and illuminate them with the light of thy prayers, that I might not fall asleep in the sleep of death. Sprinkle me with the hyssop of thy loving-kindness and cleanse me. Wash me with my tears, that I might be made whiter than snow. O Mother of my Lord Jesus Christ, receive this, my shameful confession and my entreaty. Ravish my mind and keep the remainder of my life in repentance without offence. At the time when my humbled soul departs from my body, when — woe is me! — I will have to speak with the enemies outside the gates; then, O Lady, regard me with thy merciful eye; free me from all the merciless tormentors and the terrible taskmasters of the prince of this age; be my defender and destroy all record of my sins. Lead me, saved and unashamed, to the throne of thy Son, and His unoriginated (Eternal) Father, and the All-Holy Spirit — the light-creating Trinity, one in essence.



Father, I was looking at the unique prayers for the Holy Days as you suggested and keep seeing the words “Menaion” and “Pentecostarion”, what is the difference between these and what are they? The Menaion is the Annual Fixed Feastal Cycle of the Church AND the books with all the special prayers for each day. There are actually 12 volumes in the complete set of books (one book for each month) but you may find only one in use at your parish which is called; the Feastal Menaion, which includes all the special prayers for the Major Holy Days, this way a parish, a person, doesn’t need to have 12 books. The Pentecostarion, or Flowery Triodion, is the time of the Church Year from the Feast of Christ’s Resurrection through to the Feast of All Saints, (the Sunday after Pentecost) and the book with all the special prayers for the days in that period. **Okay; thank you Father, now then that reminds of the Triodion, what is the Triodion?** The Triodion, or Lenten Triodion, covers the time from the Sunday of the Publican and Pharisee through to Holy Week, Holy Saturday inclusive, and the book with all the prayers you need for this time.



PRAYER TO SAINT MICHAEL: Holy Michael, the Archangel, defend us in battle. Be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do you, O Prince of the heavenly host, by the power of God cast into hell Satan and all the evil spirits who wander through the world seeking the ruin of souls. Amen.

Prayer to the Holy Archangel Michael

O Holy Archangel Michael, luminous and awesome captain of the heavenly King! Before the fearsome Judgment, set me free, that I may repent of my sins; deliver my soul from the snares of the pursuers and lead it to God, Who created it, Who sitteth upon the cherubim, and do thou earnestly pray in its behalf, that by thy mediation He may send it to a place of rest. O dread captain of the hosts of heaven, intercessor for all at the throne of Christ the Master, steadfast protector of all men and wise warrior, mighty general of the heavenly King, have mercy on me, a sinner, who am in need of thine assistance; protect me from all enemies, visible and invisible, and, still more, fortify me against the fear of death and the vexation of the devils; and make me worthy to stand unashamed before our Creator at the hour of His dread and righteous Judgment. O most holy and great Michael, supreme commander, disdain me not, a sinner, who entreat thee for thy help and aid in this world and in that which is to come, but vouchsafe me there to glorify with thee the Father, and the Son, and the Holy Spirit, unto the ages of ages. Amen.

Prayer to the Holy Archangel Gabriel

O Holy Gabriel, great archangel, who standest before the throne of God, art illumined with splendor by divine light and enlightened by the knowledge of unapproachable mysteries of His eternal wisdom! With full earnestness I beseech thee: Guide me to repentance, away from evil deeds, and to the confirmation in my faith; strengthen and preserve my soul against deluding temptations and entreat our Creator for the remission of my sins. O great and holy Archangel Gabriel, disdain me not, a sinner, who beg thee for help and aid in this age and that which is to come; but ever show thyself to be a helper for me, that I may unceasingly glorify the dominion of the Father, the Son and the Holy Spirit, and thine intercession, unto the age of ages. Amen.