

**SAINT ANDREW THE FIRST CALLED APOSTLE
UKRAINIAN ORTHODOX CHURCH OF BOSTON
24 ORCHARDHILL ROAD, JAMAICA PLAIN,
MA 02130 Fr. Roman Tarnavsky,
Pastor
Fr. Roman's Cell 617-780-4968 www.Ukrainianorthodox.org
<mailto:frromant2017@gmail.com>**

Sunday, February 22, 2026



Adam and Eve Cast Out of Paradise - Forgiveness Sunday

Sunday, February 22, 2026 – 10:00 AM Divine Liturgy - Sunday of Adam's Expulsion from Paradise – The Fourth Preparatory Sunday Before Great Lent – Cheesefare Sunday – We thank Jane Yavarow and Steven Prutzer for volunteering for Coffee Hour. Please join us for special prayers today as we mark the fourth year of the invasion of Ukraine.

Monday, February 23, 2026 First day of Great and Holy Lent
5:00 PM Canon of St. Andrew of Crete

Tuesday, February 24, 2026 5:00 PM Canon of St. Andrew of Crete

Wednesday, February 25, 2026 5:00 PM Canon of St. Andrew of Crete

Thursday, February 26, 2026 5:00 PM Canon of St. Andrew of Crete

Saturday, February 28, 2026 4:00 PM Vespers and Holy Confession

Sunday, March 1, 2026 Sunday of Orthodoxy
8:30 AM to 9:30 AM Holy Confession 10:00 AM Divine Liturgy, Procession with Icons

Wednesday, March 4, 2026
5:00 PM Lamentations of the Mother of God

Saturday, March 7, 2026
10:00 A.M. Divine Liturgy and Sorokousty for the Deceased
4:00 PM Vespers and Holy Confession

JOIN OUR LENTEN PROJECT!

BEANIE
BABIES®



The charity **Common Man for Ukraine**, based in Plymouth, New Hampshire is helping Ukrainian Children cope with the loss of a father as a result of this horrendous war. Due to the generosity of the Common Man for Ukraine charity, every month, up to 35 Ukrainian children between 8 and 12 years old spend three weeks at *Children of Ukraine Health Retreat* in Zakopane, Poland.

The father of each child who attends was either killed or is missing in the war. The retreats serve to provide these children and their moms with a respite from the warzone. Staffed by certified teachers, doctors, and counselors, the program provides group and individual therapy sessions. In addition to learning vital coping strategies, the children form deep bonds with their peers who are processing similar grief.

The Common Man for Ukraine co-founders will **head back to Ukraine for their 15th trip** soon. During this trip, they will visit the children attending their trauma counseling retreat in Poland and then make their way into Ukraine, delivering critical aid to frontline villages that are in need of help. **They give each child they encounter a Beanie Baby.** To learn more, [visit their website here.](#)

HERE IS WHERE YOU CAN HELP. BUY A BEANIE BABY OR TWO OR THREE! (\$6 IN MANY STORES) AND BRING THEM TO CHURCH. WE WILL DELIVER THEM TO THE CHARITY IN NEW HAMPSHIRE AT THE END OF LENT. IF YOU WOULD RATHER MAKE A MONETARY DONATION AND THEN WE BUY THE BEANIE BABIES, YOU CAN DO THAT, TOO.

LET'S COLLECT 100 BEANIE BABIES! NEW OR GENTLY USED! (THEY WERE THE CRAZE IN THE 1990'S!) LET'S DO THIS FOR CHILDREN IN UKRAINE!



**IN NEED.
BEANIE
BABIES**

Common Man for Ukraine's stock of Beanie Babies needs replenishing so they can distribute them to Ukrainian children on their next visit!





Look for our new bulletin board in the church hall!

Join our Lenten Project! Help those in need!



Archpastoral Letter of the Council of Bishops of the Ukrainian Orthodox Church of the USA and Diaspora on the Occasion of the Beginning of the Great and Holy Lent

To the Reverend Clergy and Beloved Faithful of our Holy Church: CHRIST IS AMONG US!

With pastoral love in Christ and prayerful concern for your spiritual lives, we address you at the threshold of the Great and Holy Lent - this sacred season of repentance, renewal, and return to the living God. Once again, the Holy Church lovingly calls us into the spiritual wilderness, not as a place of abandonment, but as a space of encounter, where the human heart is purified and made receptive to the grace of the Holy Spirit. Great Lent is not merely a change in diet, schedule, or external practice. It is a profound invitation to inner transformation - to the restoration of the image of God within us, obscured by sin yet never

destroyed. Through prayer, fasting, almsgiving, and repentance, we are called to re-center our lives on Christ, the Source of Life, Truth, and Love.

At the heart of the Lenten journey stands the virtue of self-discipline. The Church, in her wisdom, teaches us restraint - not as punishment, but as healing. In a world marked by excess, noise, and constant distraction, self-discipline becomes an act of freedom. It frees us from enslavement to our passions and re-orientes our hearts toward God and neighbor. We are called during this holy season to exercise self-restraint in all things:

- restraint of the body, through fasting that humbles yet strengthens;
- restraint of the mind, by guarding our thoughts and intentions;
- restraint of the tongue, by paying careful attention to our words, tone, and manner of speech.

The passions of verbal expression - anger, judgment, gossip, careless speech - wound not only others but our own souls. The Apostle reminds us that life and death are in the power of the tongue. During Lent, let our words be fewer, gentler, and prayerful; let silence teach us humility; let listening become an act of love.

Equally important is our attention to prayer. Prayer is not an obligation imposed from without, but the breath of the soul. In prayer, we learn again who we are and to Whom we belong. Whether in the stillness of our homes, in the sacred beauty of the temple, or in the quiet prayer of the heart throughout the day, let us guard time for communion with God. Without prayer, fasting becomes empty; with prayer, even small efforts are filled with divine grace.

The Great Fast also reminds us of our responsibility toward the gift of life entrusted to us by the Lord Himself. Our bodies are not our own; they are sacred vessels, temples of the Holy Spirit, sealed in Baptism and nourished by the Holy Mysteries. To practice restraint and care for our bodies is to honor the Creator, who fashioned us in love and calls us to holiness. Caring for our physical, emotional, and spiritual well-being is not self-indulgence - it is stewardship.

This responsibility extends beyond ourselves. We are accountable for the way we live in relationship to the world around us. The Christian life is never isolated. Our fasting must open our eyes to the suffering of others; our prayer must soften our hearts; our restraint must cultivate compassion. In caring for one another's lives - through mercy, forgiveness, patience, and concrete acts of love - we bear witness to the Kingdom of God already present among us.

Beloved in the Lord, as we enter the Great and Holy Lent, let us walk this path together as one Body in Christ. Let us fall and rise again through repentance, trusting not in our own strength but in the boundless mercy of God. May this sacred season become for each of us a time of genuine renewal, healing of the soul, and restoration of joy in the Holy Spirit.

Entrusting you all to the loving protection of our Lord and Savior Jesus Christ, we invoke upon you His abundant grace and peace. *With archpastoral love and prayer,*

+ANTONY *Metropolitan of the Ukrainian Orthodox Church of the USA and Diaspora*

+JEREMIAH *Archbishop of the Ukrainian Orthodox Eparchy of South America*

+DANIEL *Archbishop of the Ukrainian Orthodox Church of the USA and Diaspora*



2026 Souper Bowl of Caring

March 1st • 12:00 to 2:00 pm

*Visit our buffet of delicious,
HOMEMADE LENTEN SOUPS*

Enjoy in our church hall, or take home to enjoy later



*All Proceeds to Benefit
Soup Kitchens and
Orphanage in Ukraine*



24 Orchardhill Rd, Jamaica Plain, MA 02130



St. Olha's Sisterhood is looking for volunteers to help on SOUPER BOWL SUNDAY after the Liturgy. **If you would like to prepare a soup or offer a dessert or pastry, please let us know.** All proceeds will benefit UKRAINE.

Save the Date: The Annual Parish Meeting will be held Sunday, March 8, 2026 after the Liturgy. If you are interested in being on the Parish Board, please speak with Fr. Roman or Sandra Kondratiuk.

Host a coffee hour!



All - families, men and women, young and old - are welcome to volunteer for Coffee Hour once (or more!) during this year. Sign up with friends and relatives, if you like. With your help, we can hold a Coffee Hour every Sunday and raise much needed funds for the church.

It's simple to do. Sign up for a particular date in the kitchen. On your given Sunday, bring some baked goods and/or pastries to church. They can be store bought or homemade. It's your choice. Also bring a gallon of milk. The coffee will be made for you. After church, serve the coffee and pastries. After the Coffee Hour is over, attend to the clean-up. It's as simple as that! If you have questions, please call Val Dingle, 603-969-7990, or speak to someone at church.

This is one small thing everyone can do to get involved and help out at St. Andrew's. Looking forward to seeing you at Church and at your Coffee Hour!

If you are interested in becoming a member of St. Andrew's, please speak with Fr. Roman. We would be happy to welcome you as part of our church family!



The Sisterhood wants you! Will you offer your talents to help the church? St. Olha's Sisterhood welcomes all new members!

If you would like us to honor you or a family member on your birthday, we would be happy to include that in our birthday greetings. If you would like to sponsor a bulletin in memory of a loved one, in honor of someone's anniversary or birthday or just to offer good wishes, please send your information to Jane Yavarow and make a donation of your choosing to the church.

Questions or concerns should be directed to Jane Yavarow, Parish President.
<mailto:yavarowjane@gmail.com> CELL 508-397-2779

Check us out on Facebook and/or visit our website – ukrainianorthodox.org

Please keep Volodymyr Tymoshchuk, Archbishop Daniel, Metropolitan Antony, Mrs. Larissa Dijak, Mrs. Angelina Grundhoff, Mrs. Marion Musial, Mr. Vasyl Stan, Mr. Ralph Annese, and Ms. Sasha Kondratiuk in your prayers.

The Church Choir is happy to welcome new members. If you are interested in joining the choir, please see Tanya Portyankina, our choir director.



Happy birthday greetings are extended to all those who have birthdays in February: Ivan Lesyuk (February 3), Pearl Smith (February 4), Yana Rubina (February 13), Nicholas Geba (February 14), Igor Oliynyk (February 19), Larysa Zhelenska (February 26) and Jane Yavarow (February 28). May God grant them many happy years!



We are taking monetary donations for humanitarian aid to Ukraine. Please show your support for Ukraine and its children by dropping off your contributions in the office.



Artist U. Khimych

WE WELCOME ANY AND ALL DONATIONS TO THE CHURCH, LARGE OR SMALL. We are most grateful for your kindness. Your donation is essential to the church. From your contribution, we pay the priest's salary and health insurance, as well as pay the utilities for the church including water, heat, electricity, lawn care, general maintenance, special projects and winter related necessities including snow plowing. Checks should be made out to: St. Andrew Ukrainian Orthodox Church of Boston Please offer your donations during the church collection or send your dues and donations to: Mr. Leonid Kondratiuk, Treasurer
53 Vernon Road, Belmont, MA 02478



Artist Vasyl Kohutyk



20 26
REVISED JULIAN CALENDAR

UKRAINIAN ORTHODOX CHURCH OF THE USA - УКРАЇНСЬКА ПРАВОСЛАВНА ЦЕРКВА США
FEBRUARY CELEBRATIONS - В ЛЮТОМУ СВЯТКУЄМО

1 Sunday of the Publican and the Pharisee
Неділя про митаря та фарисея

Week of the Prodigal Son - Fast Free Week
Седмиця блудного сина - Седмиця всеїдна.

2 THE MEETING OF OUR LORD, GOD AND SAVIOR JESUS CHRIST
СТРІТЕННЯ ГОСПОДА БОГА І СПАСА
НАШОГО ІСУСА ХРИСТА

8 Sunday of Prodigal Son
Неділя про блудного сина

Meatfare Week
Седмиця м'ясопустна

14 Memorial Saturday
Субота поминальна

15 Meatfare Sunday, of the Last Judgment
Неділя М'ясопустна, про Страшний суд

Cheesefare Week
Седмиця сирна (масляниця)

22 Cheesefare Sunday, of Forgiveness
Неділя Сиропустна, прощена

23 Canon of St. Andrew of Crete
THE BEGINNING OF THE GREAT LENT
Покаянний канон прп. Андрія Критського
ПОЧАТОК ВЕЛИКОГО ПОСТУ

"Fasting ends lust, roots out bad thoughts, frees one from evil dreams. Fasting makes for purity of prayer, an enlightened soul, a watchful mind, a deliverance from blindness. Fasting is the door of compunction, humble sighing, joyful contrition, an end to chatter, an occasion for silence, a custodian of obedience, a lightening of sleep, health of the body an agent of dispassion, a remission of sins, the gate, indeed the delight of Paradise."

-St. John Climacus

"Let us fast an acceptable and very pleasing fast to the Lord. True fast is the estrangement from evil, temperance of tongue, abstinence from anger, separation from desires, slander, falsehood, and perjury. Privation of these is true fasting."

-St. Basil the Great

"If you pardon from the heart, and sincerely, God in like manner also pardons you."

-St. John Chrysostom

OUR JOURNEY TO PASCHA! 2026

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 1st	 <i>TRIODION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 8th	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 15th FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare FEBRUARY 22nd FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 1st	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 8th	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 15th	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent MARCH 22nd	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent MARCH 29th	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 5th GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 10th	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 12th NO FASTING!	 <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

Cheesefare Sunday is the last Sunday before Great Lent begins. It marks a gentle transition into the fasting season: we set aside dairy foods, while meat has already been given up the week before. The Church's focus is not just on food but more importantly on the heart.

The Gospel of the day speaks about Adam and Eve's exile from Paradise and gently teaches that separation from God does not begin with food, but with pride, disobedience, and broken relationships. For this reason, Cheesefare Sunday leads us into Forgiveness Vespers, where we humbly ask forgiveness from one another. Before we change our diet, we soften our hearts. Before we take up the struggle of fasting, we learn again how to forgive and how to love.

This same spirit is beautifully captured by Saint Ephraim of Katounakia. He once said: "If I pray one hundred prayers in the Athonite desert, and you in the world pray one prayer, we are equal."

With these words, Saint Ephraim amazingly reveals that God does not count prayers the way we do. He looks at sincerity, struggle, and humility. A single prayer whispered in a busy home, at work, or in moments of exhaustion can be just as precious as many prayers offered in monastic silence.

Cheesefare Sunday is an exceptional spiritual opportunity to begin Lent with honesty, forgiveness, and trust in God's mercy. Wherever we are, God meets us there. One humble prayer at a time.
From religious ed / Greek Orthodox Church

The Proof of Fasting

Do you fast?

Give me proof of it by your works.

If you see a poor man, take pity on him.

If you see a friend being honored, do not envy him.

Do not let only your mouth fast, but also the eye, and the feet, and the hands and all members of our bodies.

Let the hands fast, by being free of avarice. Let the feet fast, by ceasing to run after sin. Let the eyes fast, by disciplining them not to glare at that which is sinful. Let the ears fast, by not listening to evil talk and gossip.

Let the mouth fast from foul words and unjust criticism. For what good is it if we abstain from birds and fishes, but bite and devour our brothers and sisters?

- St. John Chrysostom



Visit the website of the Ukrainian Orthodox Church of the USA

uocofusa.org

Statement of the Council of Bishops of the Ukrainian Orthodox Church of the USA on the Fourth Anniversary of the Unjustified and Unprovoked Full-Scale War Against Ukraine



On the solemn commemoration of the fourth anniversary of the unjustified and unprovoked full-scale invasion of Ukraine by the Russian Federation, the Council of Bishops of the Ukrainian Orthodox Church of the USA raises its collective voice before God and the world.

As shepherds of Christ's Holy Church, we stand in prayerful intercession before Almighty God, imploring His mercy, protection, and peace for the people of Ukraine; for those who courageously defend the God-given right to life, freedom, dignity, and sovereignty; and for all who continue to suffer because of this brutal and ongoing war.

The people of Ukraine defend not only their territorial integrity, but their sacred inheritance - the freedom to worship and glorify God, to speak their native language, to cherish their ancestral land, and to live according to the principles of freedom, responsibility, and democracy. These God-given rights are being violently challenged and systematically violated by the aggression of the Russian Federation.

Even during the sacred season of the Nativity of our Lord - when the world proclaims peace on earth and goodwill among all - millions in Ukraine were left in darkness and cold, without heat, electricity, or basic necessities. Children have been orphaned, women widowed, families displaced, cities destroyed, and countless innocent lives lost. Human suffering has reached unspeakable depths.

We cannot - and must not - remain silent!

The sanctity of human life stands at the very heart of the Gospel of Jesus Christ. The deliberate killing, torture, and displacement of innocent people is a grave sin before God and a crime against humanity. True peace cannot be built upon lies, coercion, or injustice. It cannot be achieved by demanding that Ukraine surrender Crimea, its eastern regions, or any part of its God-given homeland in exchange for an illusory ceasefire. Peace without truth, repentance, and responsibility is not peace at all.

We therefore continue to unequivocally condemn the actions of the Russian Federation against the people and nation of Ukraine and call upon the international community to remain steadfast in defending truth, justice, and life.

At the same time, we offer heartfelt gratitude to the people of the United States of America. Through compassion, generosity, and unwavering moral support, the American people - of many backgrounds, nationalities, and religious traditions - have extended invaluable assistance to the suffering people of Ukraine. Through the humanitarian ministry of the Ukrainian Orthodox Church of the USA - whether through the Metropolia offices or through individual parishes - we have witnessed countless acts of sacrificial love: food delivered, medical aid provided, refugees welcomed, children sheltered, and hope restored.

We bow our heads in gratitude and lift up our prayers to God for all who have stood with Ukraine. May the Lord bless you abundantly for your love, your courage, and your faithfulness to the Gospel commandment to care for “the least of these.”

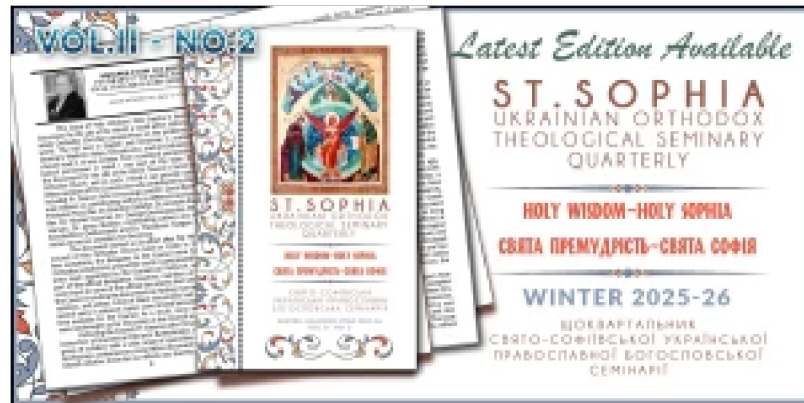
We also issue a strong and urgent call to Orthodox Christian communities throughout the world. This is a moment of moral clarity. Silence in the face of evil is not neutrality - it is complicity. We call upon Orthodox faithful, clergy, theologians, and hierarchs everywhere to stand firmly for the sanctity of human life, to speak the truth without fear, and to condemn aggression, genocide, and the misuse of religion to justify violence.

We further call upon religious leaders within the Russian Federation to come to their senses and to courageously denounce this war, the murders, and the destruction being carried out in the name of state power. In particular, we denounce the position of the Patriarchate of Moscow, which has chosen allegiance to political authority over fidelity to the Gospel of Christ, thereby scandalizing the faithful and betraying the sacred calling of the Church.

We pray and labor for peace - but peace rooted in truth, justice, repentance, and respect for the God-given dignity and sovereignty of the Ukrainian people.

May the Lord, Who Himself was born into poverty, persecution, and exile, grant comfort to the afflicted, strength to the defenders of life, wisdom to the leaders of nations, and a just and lasting peace to Ukraine and to the world. *With prayers, gratitude, and unwavering witness,*

† Metropolitan Antony † Archbishop Daniel



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Щоквартальний випуск: СВЯТАПРЕМУДРІСТЬ - СВЯТАСОФІЯ зимовий випуск.

NEW! The February 2026 Edition of The Ukrainian Orthodox Word

<https://uocofusa.org/files/publications/UOW/2026/February-UOW-2026.pdf>

