

## **HOLY COMMUNION — HOME VISITATIONS**

Home visitations are made by the pastor to members who request it. Please call the rectory to be placed on the list.

## **SACRAMENT OF PENANCE (CONFESSION)**

Confessions are before Liturgies or by appointment. Parish members should go to Holy Confession periodically or more often if there is a serious or mortal sin. In the case of a serious or mortal sin, one may not receive Holy Communion, until they have first gone to Confession and received absolution. For small or 'daily' sins, one may receive Holy Communion as often as once a day, provided they have made an examination of conscience, a sincere Act of Contrition, and recited the Prayer before Holy Communion, found in the text of the Liturgy. One may receive Holy Communion twice in one day if there is a special occasion. (e.g.: Anniversary, Wedding and Funeral)

## **MARRIAGES**

Usually, a minimum of SIX MONTHS advance notice mandatory. Bride or Groom must have been registered in the parish, attending regularly (Sundays and Holy Days), receiving the sacraments, and supporting the parish for at least ONE YEAR prior to actual marriage date. Always call the church BEFORE you book a reception hall, since the church cannot guarantee that the date you booked will be available. Confirm the church date first, then the reception hall.

## **INFANT / ADULT BAPTISMS** *by appointment.*

Parents and Godparents/Sponsors must attend pre-baptismal catechetical instruction. The priest should be contacted long before the birth of the child. All three Sacraments of Christian Initiation are administered on the same occasion: Baptism, Chrismation (confirmation), and Holy Eucharist (communion). It is encouraged that Baptisms take place during the Sunday Divine Liturgy, when the Parish Community is present together to witness this sacred moment, that the faithful may welcome the newly-baptized as a member of the Parish.

## **MOVING? CHANGE OF ADDRESS OR PHONE NUMBER?**

Please notify the parish office.

## **NEW PARISHIONERS**

are invited to register in the parish office. Please call for an appointment.

## **NEED TO STOP BY THE RECTORY OFFICE?**

Please call ahead to schedule an appointment.

## **LETTERS OF RECOMMENDATION, CERTIFICATES OF SPONSORSHIP**

for sponsors of the sacraments, will be issued only to active members who are currently registered in the parish, attending regularly, receiving the sacraments, and supporting the parish, usually for at least ONE YEAR prior to the request.

**HOLY DAYS OF OBLIGATION** are understood to be:

## **EVERY SUNDAY OF THE ENTIRE YEAR,**

and each one of the major feasts of the church year:

- The Nativity of Our Lord (Christmas): Gregorian date-new - December 25 (*Julian date* - January 7)
- Theophany of Our Lord Jesus Christ: January 6 (January 19)
- Pascha (Easter Sunday), Resurrection of Our Lord: April 8 (April 15)
- Ascension of Our Lord (40th day of Pascha – May 24)
- Annunciation of the Mother of God (Theotokos): March 25 (April 7)
- Saints Peter & Paul, Prime Apostles: June 29 (July 12)
- Dormition of the Mother of God (Theotokos): August 15 (August 28)

Church teaching still holds that attendance on Holy Days of Obligation is not optional — members are bound to attend Liturgy on those days, or else they bring upon themselves a serious or mortal sin and thus cannot receive Holy Communion, until they have first gone to Confession and received absolution. Obvious exceptions are if one is sick, or has an unavoidable conflict, such as their employment.

## **FASTING REGULATIONS**

Members of our parish are bound to abstain from meat on all Fridays of the year, except for:

- the Friday before Prodigal Son Sunday
- the Friday after Easter
- the Friday after Pentecost
- the Friday after Christmas

Fridays other than these are obligatory days of abstinence from meat, and are not optional, except for those under the age of 7, those over the age of 59 (only with permission of their pastor), and those who are sick or pregnant. Abstaining from meat on Friday reminds us of the sacrifice of Our Lord Jesus for us on the Cross on Good Friday.

## **SIGN OF THE CROSS**

When present in our church, one should always make the sign of the cross in the Byzantine Eastern way, by holding their thumb, index and middle finger together, and beginning with touching their forehead first, saying “in the name of the Father,” then the heart “and the Son,” then the RIGHT shoulder first “and the Holy,” then the LEFT shoulder “Spirit.” In our church, it has never been our tradition or practice to GENUFLECT (brief bending of the right knee toward the altar). Instead, one should always BOW toward the altar and make the sign of the cross at the same time.

**KNEELING IN OUR CHURCH** The Pastoral Guide of the Ukrainian Catholic Church in the United States (the official rule book for all our parishes in all four dioceses), states in article 464: “Because kneeling is a sign of penance in the Eastern tradition, the faithful should be discouraged from kneeling during the Paschal [Easter] Season and on all Sundays of the year.”