



St. Michael's Parish Bee

Fr. James S. Dutko, (607) 725-3672 St. Michael's Orthodox Church
 Cell: 725-3672, frjim@stny.rr.com 296 Clinton St., Binghamton, NY 13905
 Fr. Deacon Charles Ellis, 785-1435 (607) 729-0261, frjim@stny.rr.com

Live-Stream: www.saintmichaels.info,

<https://www.facebook.com/StMichaelsBGM/>

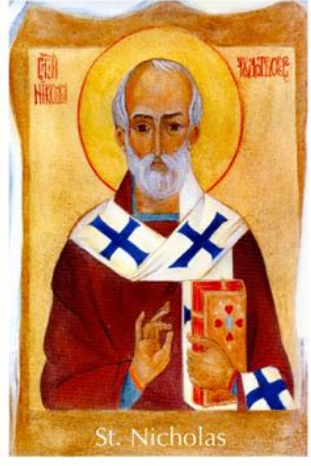
St. Michael's Orthodox Church is a parish family serving the Lord since 1904.
 American Carpatho-Russian Orthodox Diocese, www.acrod.org

December 11, Second Sunday of Advent

Sunday Antiphons and Beatitudes, Tropar and Kondak,
 Prokimen and Allelulia Verses, Tone 1, pp. 61-63

Schedule for this Week

- Sunday:**
- * Divine Liturgy for Sunday, 9 AM,
 - * Coffee Shoppe, 10:30-11:30 AM
 - * ACRY Advent Soup Sale, Atrium, 10:30 AM
 - * Ladies Guild Discussion on Reorganization, Atrium Meeting Room, 10:30 AM
 - * Church School Preps for Play and Carols, 10:30-11:30 AM
 - * Choir Rehearsal for Christmas Carols, Lower Lounge, 10:30 AM
- Monday:**
- * Grab and Go Community Meal, 5:30-7 PM
 - Knock and Drop Meal Deliveries
- Tuesday:**
- * Moleben to St. Nektarios for the Ill, 8:30 AM
 - * Visit by Owego Free Academy Students, 9:30 AM
 - * Priest's Funeral of Fr. John Duranko, 6 PM
 - St. John the Baptist Orthodox Church, Bridgeport, CT
 - * ACRY Virtual Meeting, 6:30 PM via ZOOM
- Wednesday:**
- * Funeral Liturgy for Fr. John Duranko, 10 AM
 - St. John the Baptist Orthodox church, Bridgeport, CT
 - * Moleben to Mother of God, St. George, Taylor, 6 PM
- Thursday:**
- * CHOW Pantry, 4:30-6 PM, Lower Lounge
- Friday:**
- * Akathist to the Mother of God, 8:30 AM
 - * Christmas Holupki and Pirohi Take Out Sale, 12 Noon-5 PM
- Saturday:**
- * Liturgy with prayers for all who are ill, 8 AM
 - * Christmas Holupki and Pirohi Take Out Sale, 10 AM-2 PM
 - * Confessions, 4 PM, Vespers for St. Nicholas,
- Sunday:**
- * Divine Liturgy for Sunday, 9 AM
 - * Installation of Officers, Sr. & Jr. ACRY at end of Liturgy
 - * St. Nicholas Brunch with visit by St. Nicholas, 10:45 AM
 - * Vespers for St. Nicholas with Litya, 5 PM



Saint
Michael's
2022
Christmas
Giving
Tree

Christ is
Born!
Glorify
Him!

**Plaes bring your gifts to the tree
no later than Monday, Dec 19th,
the Feast of St. Nicholas!**



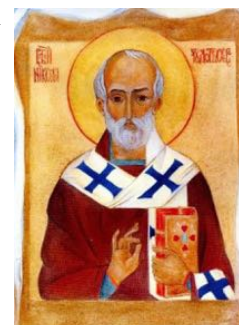
Choir Practices in Lower Lounge, 10:30 AM

St. Nicholas Brunch and Visit Next Sunday After Liturgy!

Be sure to attend our Divine Liturgy next Sunday followed by our annual St. Nicholas Breakfast, which will begin at 10:45 AM. We will have a wonderful meal, a presentation by our talented Carpathian Dancers, and of course the annual visit by St. Nicholas. *(Photos can be taken as well of families with St. Nicholas after he greets all the children.)*

I am also pleased to tell you that we have extended a cordial welcome to Fr. Roman Isaysky and his personal family and faithful from Holy Spirit and SS. Peter and Paul in Endicott to also share in the joy of our St. Nicholas Breakfast They were unable to have their own celebration because of ongoing work in restoring their kitchen and hall facilities. So it will be wonderful to share the joy of St Nicholas with our friends and neighbors.

Tickets are available today and will also be available at the door next Sunday. Please try to purchase these in advance so that we might better be able to estimate our needs for the meal. God bless!



St. Nicholas Breakfast
 Sunday, December 18
 following our Divine Liturgy

Featuring Traditional Favorites
 & Camp Nazareth Sticky Buns!
 followed by a Christmas presentation
 and a visit from St. Nicholas!

Tickets, \$8
 Students, K-12, \$5
 Under 5, No Charge

Daily Scripture Readings for this week of December 11!

Sunday:	Ephesians 5: 9-19	St. Luke 13: 10-17	<i>We are grateful to Barb Knighton and everyone who assisted in any manner with yesterday's wonderful St. Nicholas Christmas Shoppe. Details and photos of the day will be included in next Sunday's Bee!</i>
Monday:	1 Timothy 5: 1-10	St. Luke 19 37-44	
Tuesday:	1 Corinthians 4: 9-16	St. John 1: 35-51	
Wednesday:	1 Timothy 5: 22-6:11	St. Luke 20: 1-8	
Thursday:	1 Timothy 6: 17-21	St. Luke 20: 9-18	
Friday:	2 Timothy 1: 1-2, 8-18	St. Luke 20: 19-26	
Saturday:	Galatians 3: 23-29	St. Marm 5: 24-34	
Sunday:	Ephesians 6: 10-17	St. Luke 17: 12-19	

Daily Scriptures posted on line: www.acrod

Epistle: Ephesians 5: 9-19

The fruit of the [a]Spirit is in all goodness, righteousness, and truth), 10 finding out what is acceptable to the Lord. 11 And have no fellowship with the unfruitful works of darkness, but rather [b]expose *them*. 12 For it is shameful even to speak of those things which are done by them in secret. 13 But all things that are [c]exposed are made manifest by the light, for whatever makes manifest is light. 14 Therefore He says:

“Awake, you who sleep,

Arise from the dead,

And Christ will give you light.”

15 See then that you walk [d]circumspectly, not as fools but as wise, 16 redeeming the time, because the days are evil.

17 Therefore do not be unwise, but understand what the will of the Lord is. 18 And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, 19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord,

Gospel: St. Luke 13: 10-17

Now He was teaching in one of the synagogues on the Sabbath. 11 And behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way [a]raise *herself* up. 12 But when Jesus saw her, He called *her* to *Him* and said to her, “Woman, you are loosed from your infirmity.” 13 And He laid *His* hands on her, and immediately she was made straight, and glorified God.

14 But the ruler of the synagogue answered with indignation, because Jesus had healed on the Sabbath; and he said to the crowd, “There are six days on which men ought to work; therefore come and be healed on them, and not on the Sabbath day.”

15 The Lord then answered him and said, [b]“Hypocrite! Does not each one of you on the Sabbath loose his ox or donkey from the stall, and lead *it* away to water it? 16 So ought not this woman, being a daughter of Abraham, whom Satan has bound—think of it—for eighteen years, be loosed from this bond on the Sabbath?” 17 And when He said these things, all His adversaries were put to shame; and all the multitude rejoiced for all the glorious things that were done by Him.

Schedule for Christmas Holubki Sale

The target for the sale is 250 doz holubki. All work starts at 9AM unless otherwise stated below.

Tues 12/13 – Core Cabbage 7AM, Cook Rice, Steam Cabbage, De-vain Cabbage 10AM, Sweat Onions 7AM

Wed 12/14 – Mix Meat, Make fillings, Roll Holubki 9:30AM, Steam and De-vain Cabbage 5PM-8PM

Thu 12/15 – Roll Holubki, Pack Holubki

Fri 12/16 – Pack Holubki, Sell Holubki 3PM-6PM

Sat 12/17 – Sell Holubki 9AM-Noon

Soup sale for the Holidays and Holy Night Supper Too!

The ACRY is proud to announce that there will be a special Soup Sale today at the conclusion of our Divine Liturgy, which will take place in the Atrium. As was the case several weeks ago a wonderful variety of the best home-made soups will be available. You will discover traditional favorites as well as some beloved soups for your Christmas Eve Holy Night Supper.

Eternal Memory!

Our parish joins faithful from around the diocese in extending condolences to the family and friends of the late Very Rev. Protopresbyter John Duranko, who fell asleep in the Lord after a long illness in hospice. He had been ordained by the late Metropolitan Orestes and served most of his priesthood as pastor of St. John the Baptist on Mill Hill Avenue in Bridgeport, CT. The Priest's Funeral Service will be sung there on Tuesday evening at 6 AM and will be followed by the Divine Liturgy and burial at St. John's church and cemetery on Wednesday at 10 AM. May Our Lord grant him rest with the saints, where there is no pain, sorrow nor mourning but Everlasting Life.

Eternal Memory!

ACRY Virtual Meeting Tuesday, December 13th at 6:30 PM

There will be an ACRY meeting on Tuesday evening, December 13th via ZOOM, starting at 6:30 PM. Please adjust your schedules and plan on logging into the site. The discussion will center on plans for a Christmas holiday party, a vote on holding the Festival of Hearts Dinner Dance in February, and how the chapter will be participant in the Diocesan Stewardship Campaign.

Members are also reminded to renew their membership in the coming days, and of course, new members are welcome and encouraged to participate.

Contact Rick for the ZOOM link, 725-3789.

Consider joining our Ladies Guild!

Over the years there have been a number of times when it appeared the Ladies Guild might become part of St. Michael's history instead of a living reality of outreach and service. And yet each time its demise seemed evident, women of faith took up the mantle and continued as a Sisterhood of believers to serve the philanthropic needs of the parish and the diocese and the community at large.

After these years of COVID that have impacted our lives and our parish, the time is at hand for women of faith in our parish family to carry on this wonderful sisterhood of service.


The discussion to do this began two weeks ago and today following our Divine Liturgy in the Atrium meeting room. Come and be part of the vision to turn the memory of the Ladies Guild into a living reality for 2023! You will be glad you did!

Help Deliver Christmas Food Gifts!

Volunteers are needed to deliver Christmas Food gifts to many of our faithful who are either homebound and are at area nursing facilities.

These will be ready for delivery this coming Saturday afternoon (or Sunday after Church). If you can spare some time and be a real St. Nicholas by delivering some of these gifts, it would be greatly appreciated.

For details, please see Barb Knighton or give her a call: (607) 621-6079.




St. Michael's Church Choir, 1915

"Make a Joyful Sound to the Lord!"

Be Part of a Cherished St. Michael's Tradition that spans a Century!

Christmas Carol Rehearsal for everyone, former, present and new members!

Sunday, December 11 following Liturgy
Lower Lounge of the Recreation Center



Join us for the Southern Tier Holiday Orthodox Youth Bowling Social
(Kids from 8-College age)

Sunday, December 18
Midway Lanes, Vestal
Starting at 3 PM

Please text Tasha Gdovin,
(908) 451-6821
by Dec 17 so enough lanes
can be reserved.

All participants pay their own way!

An Outreach Project of St. Michael's Jr. ACRY!


National A.C.R.Y.
Stewardship Campaign
"...for God Loves a cheerful giver"
November 15th, 2022 to February 15th, 2023

Support the National A.C.R.Y.'s
Philanthropic Ministries

*Academic Scholarships - Support of Camp Nazareth
Missionary Projects - Promotion of Orthodox Faith
Lenten Retreats - Campus Ministry
Aiding Children with Serious Illness and Special Needs*

GOAL:
\$10,000
Deadline is
February 15th

For more
information
visit
ACRY.org



Our Christmas Giving Tree list. 2022

Family 1

Mom and 5 children:

Girl 11

Clothing size 14
Nike Sneakers size 5
Bra size 32A
Coat size Medium
Paint set
Room decorations – LED lights
Twin size electric blanket
Hover Board (taken)

Girl 8

Clothes Girls 9/10
Sneakers size 3
Boots size 3
Coat medium
Jewelry
Twin size electric blanket
LED light – room decoration
Hover Board (taken)

Girl 7

Clothes size 7/8
Sneakers size 1
Boots size 1
Coats size small
Baby doll set (taken)
LED lights (room decoration)
Paint set

Mom

Walmart gift card
Weis gift card

Boy 6

Clothes 7/8
Boots size 13
Sneakers size 13
Boxers size 5T
Coat size small
Teddy bear
Remote control car
Remote control truck
Legos

Boy 4

Clothes size 5T
Boxers size 4T
Dinosaurs
Remote control truck

Airplane toys
PJ Mask toys

Family 2

Mom & 2 girls:

Girl 9

Clothes size 8/10 (very thin)
PJ's (likes nightgowns)
Crop Top Sweaters (Justice brand at Walmart)
Leggings (super skinny girl)
Art supplies
Sketch books
Learn to draw books
Bed tray
Soft fuzzy blanket (favorite color red)
Wireless blue tooth head phones
Barbie dolls/Baby dolls
Lip gloss

Girl 16

Clothes size women's 2X
Straight leg ripped jeans (size 20) No Boundary brand at Walmart fit well
Black sweat suit (matching hoodie top & pants)
Uggs boots size 10
Bath & Body works set
Soft fuzzy blanket (blue)
Body pillow
Airpod case
Portable phone charger
Crossword puzzle books

Mom

Leggings (medium)
Short sleeve T-shirts (lg)
Woman's coat (large)
Walmart gift card
Weis gift card
Gas card

Family 3

Mom & Dad (both on SSD) 4 children:

Boy 15:

Winter coat (Men's XL)
Winter Boots (Men's 12)
Hooded sweatshirt (Men's XL)

Carpenter Jeans (size 34 x 34)
Socks
T-shirts (Sleeveless XL)
Sketch Book
Art Supplies
Model Airplanes
Model Cars
Twin Comforter (Red/black)

Boy 14:

Winter Coat (Men's M)
Winter Boots (Men's 9)
Sweatpants (Men's M)
Hooded Sweatshirts (Men's M)
Anime or Naruto prints
Twin Comforter (Blue)
Sketch Book
Pastels
Skateboard

Girl 12:

Skinny jeans/pants (Girls 14)
Sweatpants/Leggings (Girls 14/16)
Tops/Sweaters (Women's small)
Winter boots (Women's 6 1/2)
Slippers (Women's 6 1/2)
Make up/Nail polish
Hair ties/scrunchies
Arts & Crafts sets (Bracelet making, etc)
Twin Comforter (preteen girly/girl)

Girl 8: Winter coat (Girls 10)

Winter boots (Girls 1)
Pants (Girls 10)
Tops (Girls 10)
Stuffed unicorn
Coloring
Barbie dolls
Hair bows/scrunchies
Arts & Craft set (age appropriate)
Twin Comforter (unicorn print)

Dad:

Colored T-shirts (3X)

Mom:

Toaster oven
Walmart gift card
Price chopper gift card

Editor's Note: Please see if you can bring all of the gifts you select from the Giving Tree no later than next Monday, December 19. We need to distribute them before Christmas, December 25!

Boston's Cardinal O'Malley Joins Metropolitan Methodios of Boston for Feast of St. Andrew

<https://thebostonpilot.com/article.php?ID=193737>

BOSTON -- Continuing a years-long tradition between Boston's Roman Catholic and Greek Orthodox communities, Cardinal Seán P. O'Malley attended a morning liturgy celebrated by Metropolitan Methodios at Annunciation Greek Orthodox Cathedral of New England on Nov. 30, the feast of St. Andrew.

Each year, the ecumenical patriarch of Constantinople sends a delegation to the Vatican for the feast of Sts. Peter and Paul, patrons of Rome, on June 29. The pope, in turn, sends a delegation to the patriarchate for the feast of St. Andrew, patron of Constantinople, on Nov. 30. Since 1996, the leaders of the Greek Orthodox Metropolis of Boston and the Roman Catholic Archdiocese of Boston have mirrored this on the local level by exchanging delegations on their patronal feast days.

Cardinal O'Malley was accompanied by representatives of the Office for Ecumenical and Interreligious Affairs, including its Associate Director Vito Nicastro and two deacons assigned to the office for their ministry, Deacon John Koza and Deacon Michael Curren.

The liturgy ended with a procession with an icon of St. Andrew and the blessing of five loaves of bread, which were then cut up and distributed as the faithful left. Five loaves are a symbol of St. Andrew because he pointed out the boy with five loaves and two fishes at the miraculous feeding of the 5,000. St. Andrew is also remembered as the "first called" of the apostles. The Gospel of John says he was a disciple of John the Baptist, who pointed out Jesus to him. When St. Andrew and another disciple followed Jesus and asked where he was staying, he told them, "Come and see."

Before the dismissal, Metropolitan Methodios addressed Cardinal O'Malley, expressing "my great love and respect for you and for all my brother priests here in the Archdiocese of Boston." He thanked the cardinal, on behalf of the clergy of the metropolis, for his presence and leadership as "one of the superb and dedicated leaders of the Christian Church."

"Pope Francis and Patriarch Bartholomew continue the work of St. Peter and St. Andrew, as do all the bishops and all the priests in the days in which we live," Metropolitan Methodios said.

He shared that he had recently represented the Assembly of Orthodox Bishops at the U.S. Conference of Catholic Bishops' fall general assembly in Baltimore. According to the USCCB website, it was the second time in history that the USCCB invited them to send a delegation to participate as observers.

"There, I was embraced by men of God who are shining the light of our Christian faith in a nation, which, unfortunately, day by day, has grown far away from Christ and from Judeo-Christian ideals. They struggle every day -- we struggle every day -- to be shining lights of our faith in a world that is suffering from faithlessness, from terror, from abandonment," Metropolitan Methodios said.

Cardinal O'Malley also shared brief remarks. He spoke of the "darkness of unbelief (that) is engulfing us."

"And in the midst of all that, we are here, gathered by Jesus Christ, who said to those first apostles, 'Come and see.' We have come to be able to see with the eyes of faith and to discover who we are as God's children, made in his image and likeness, brothers and sisters to one another," the cardinal said.

He shared that a few weeks earlier he gave a conference at the University of Salamanca in Spain. The president of the university announced that they were bestowing honorary doctorates to both Cardinal O'Malley and Patriarch Bartholomew.

"I am anxious to go back for that celebration and be able to tell the Ecumenical Patriarch how much we appreciate his ministry, his friendship with the Holy Father, and all that he means for the Christian community and humanity itself," Cardinal O'Malley said.



Cardinal O'Malley attends the liturgy for the feast of St. Andrew at the Greek Orthodox Cathedral in Boston.



Metropolitan Methodios delivers his remarks at the Liturgy.

He promised to remember the Greek Orthodox community during his upcoming trip to Rome.

"I will tell the Holy Father that I was here with you and that we were praying together, that we might be brothers and sisters, deeply united in our faith and our mission to share the light of Christ with the world," he said.

Nicastro spoke with The Pilot about the significance of Metropolitan Methodios inviting the cardinal on the feast of St. Andrew each year.

Like the Chrism Mass for the cardinal, "it's his moment to be with his clergy, and in the midst of that, he invites what some might have considered an outsider, but who's actually his brother," Nicastro said.

In addition to exchanging delegations on their patronal feast days, Metropolitan Methodios typically attends Chrism Mass at the Cathedral of the Holy Cross during Holy Week. Cardinal O'Malley and Metropolitan Methodios have also gone on pilgrimages together.

Nicastro is unaware of any other diocese in the U.S. that has maintained regular visits between its Orthodox and Catholic leaders.

"These have given an opportunity for a personal relationship to develop between (the metropolitan) and the cardinal, which spreads out into their consultation," Nicastro said.

In his remarks, Metropolitan Methodios said these visits are a tradition that their people have appreciated.

"It's a good thing, and we're all praying that one day we don't have to visit each other's churches but that we'll all be one Church," he said.

(Editor's note: Metropolitan Methodios of Boston is the co-chairman of the North American Orthodox Catholic Theological Consultation in North America. Vito Nicastro, co-director of the Ecumenical and Interreligious Affairs of the Archdiocese of Boston and has also a member of the Orthodox Catholic Consultation for many years.)

Archbishop of Canterbury visits Ukraine to show support as winter begins

KYIV, Ukraine (CNS) -- Anglican Archbishop Justin Welby spent three days in Ukraine to show solidarity with the people there. It was the first visit of an archbishop of Canterbury to an independent Ukraine.

The archbishop's meeting Dec. 1 with the All-Ukrainian Council of Churches and Religious Organizations started in a bomb shelter because air raid sirens were sounding. The meeting concluded in a conference hall.

"The people of Ukraine have shown extraordinary courage in the face of Russia's illegal, unfair and brutal invasion. This visit was intended to show solidarity" as people face "an extremely difficult winter," Archbishop Welby said.

He added that he wanted to learn what kind of support his church could offer "in the face of the ongoing devastation, loss and destruction caused by this war." Religious leaders also discussed how to help Ukrainian refugees.

On the way to Ukraine, Archbishop Welby met with Ukrainian refugees in Warsaw, Poland, and also visited the Ukrainian House, a migrant support center that has been reorganized into a crisis support center for Ukrainian refugees since the beginning of the Russian invasion in February.

While in Ukraine, Archbishop Welby also met with Archbishop Sviatoslav Shevchuk of Kyiv-Halych, major archbishop of the Ukrainian Catholic Church, who thanked him for his words of support and solidarity with Ukraine. They also discussed the current situation in Ukraine, drawing attention to pastoral challenges and needs.

The leaders discussed reconciliation between Ukraine and Russia, looking at the post-World War II experience of the Germans and French, the French and Poles, and the 30-year path to the reconciliation of the Ukrainian and Polish peoples.

Archbishop Welby also met with Metropolitan Epiphanius of Kyiv, head of the independent Ukrainian Orthodox Church. The two had met at Canterbury's Lambeth Palace in July.

Archbishop Welby noted that he personally prays for Ukraine every day.

"My position is not to promise much but to do more than I promised. We will have a meeting of bishops next week, where we will provide a report on our journey and propose concrete steps to help those in need in Ukraine," the archbishop told the metropolitan.



Anglican Archbishop Justin Welby of Canterbury, England, spiritual leader of the Anglican Communion, center, and Anglican bishop of Europe Robert Inne, chat during a meeting in in Kyiv, Dec. 1, 2022.

(CNS photo/Ukrainian Catholic Church)

Ukraine: Real Peace Needed as Winter Frost Sets In

By Salvatore Cernuzio – Kyiv, Ukraine

A blackout in Kyiv is triggered as early as 3:30 p.m., when the gray sun sets behind the Dnipro River. In half of the city, the windows of skyscrapers and gas pumps shine; the other half would be shrouded in total darkness if it were not for a few sparse Christmas decorations hanging on balconies. After a few hours there is a changeover: where there was light, darkness takes over and vice versa.

Residents of the Ukrainian capital have been living in these conditions for weeks after the destruction of important energy infrastructures. "But you don't hear gunfire like before," says the Apostolic Nuncio to Ukraine, Archbishop Visvaldas Kulbokas. This phrase is often repeated by many of Kyiv's citizens, as if to ward off the terror of new attacks and to confirm the idea that, having overcome the most critical phase of the conflict, this the "new situation" will also be overcome. The lack of light and electricity occurs for hours and sometimes days, and the inability to warm up from a freezing cold that drops three degrees below zero even at 11 a.m. Snow also plays its part, having fallen thickly in every neighborhood for days, covering the golden domes of Orthodox Churches and even the steps of Maidan Square, where the 2014 revolution took place.

Parishes, offices and families are looking for electric generators. From the Italian city of Jesolo, thanks to a fundraiser, 40 will arrive in the coming days. They will be distributed mainly in the outlying areas and in "new Kyiv," the space built in the 1980s and 1990s. In the residential neighborhoods, however, where embassies and the Presidential Palace are located, conditions are much better.

"We, too, however, have our own problems," the Nuncio tells the group of journalists traveling to Poland and Ukraine with their respective Embassies to the Holy See whom he welcomed at the Nunciature.

He speaks from the same Nunciature where, until last May, tables were used as barricades and mattresses stretched out along the corridor on the floor below to avoid being exposed to attacks from the air or standing too close to windows.

"There is a generator here," Archbishop Kulbokas explains, "but in the event of a blackout you can have independent light for six to seven continuous hours, no more. Power surges break everything. We spend our time fixing the washing machine, stove, internet network, and so on."

The heating problem is setting up dramatic prospects for winter, so much so that the mayor, Vitalij Volodymyrovych Klyčko, has urged elderly and frail people to leave the city and find shelter in neighboring countries such as Poland. Nadia, 74, a young face framed by curly hair and gnarled working-class hands, landed on Wednesday in Poland, after more than nine months of war in Ukraine.

"When the first bomb went off I was at my son's, out of town. I came back weeks later but didn't recognize my home. A piece was missing... I decided to stay anyway, but now they told me it was better to leave. I have no plans for my life."

Nadia is gone, but many people choose to stay instead. The general impression is that Ukrainians, at least the citizens of Kyiv, want to try to lead a life as normal as possible. "We have to continue," Archbishop Kulbokas says again and again, "to live somehow."

The devastation of the war in Izyum, Ukraine

"On Monday, when an air-raid siren alerted all of Ukraine, we continued to work. After nine months we cannot do otherwise." Walking around the streets of Kyiv, many still propped up by frisky horses, you see people going grocery shopping, waiting for the bus, letting the children play in the driveways. Or go to Mass.

"We restored the seven daily Masses, which, because of Covid and even more with the war, we had reduced to three. We canceled the Russian-language Mass; no one was attending anymore. It was replaced with a Ukrainian service," explains the Latin-rite Archbishop of Kyiv-Zhytomyr, Vitalii Kryvytskyi.

The Journey to Kiev

Among Ukrainians there are also people who come back after having been elsewhere. On the train from Przemyśl to Kyiv, only one carriage was free. There were women travelling with children and a Chinese man, who found himself in Ukraine, he explains, "for work reasons."

The journey took ten and a half hours, with more than an hour stop at the border for checks on each passport with a soldier in a camouflage suit with a yellow and blue flag sewn on his arm looking into the face of each of the passengers to check if the face matched the photograph. Another soldier, however, holding a drug-sniffing dog on a leash, asked, "Why are you going to Ukraine?"

In the wagons, the heating is excessive but serves to take away the cold that lingers from outside. As you enter the Ukrainian countryside, snow-covered trees and abandoned houses can be seen from the window.

"Borodianka", "Bucha", "Irpin", one reads on signs. Places of horror reported by the world's media. Horror that continues, even now that Christmas is just around the corner. "We know that the tables of families may be missing someone, among those who died or those who left for the front," says Archbishop Kryvytskyi.

"Every missile that falls lengthens the peace process. And peace will not come next morning, it is a process. We are living a moment of transformation."

Hoping for Peace

"We must pray for peace, hope for peace," insists Archbishop Kulbokas, who reiterates his hopes for real peace, and not a phony one that would risk triggering more wars in the future.

"I see on social media," the Vatican diplomat adds, "numerous videos according to which the peace Russia is thinking of is just a 'ceasefire' to reorganize and annihilate Ukraine sooner or later. That's what people here really fear."

https://www.vaticannews.va/en/church/news/2022-12/war-ukraine-kyiv-nuncio.html?mc_cid=5de8166215&mc_eid=aefd49bf5c



St. Michael's Christmas Sunshine Listing for 2022

Willow Point Home

Old Vestal Road
Vestal, NY
John Petras

Vestal Nursing Home

Route 26
Vestal, NY 13850
Dorothy Matyas
Barbara Havtar
Ann Lance

Hilltop Rehab Center

282 Deyo Hill Road
Johnson City, NY 13790
Betty Gnull

Folks at Home

Rita Balanda
2604 Lynnhurst Drive
Vestal, NY 13850

Helen Boback
821 Tyler St
Johnson City, NY 13790

Darlene Bocinski
1406 Broad Street
Endicott, NY 13760

Christina Boras
401 Hayes Ave, Apt 207
Endicott, NY 13760

Robert & Renee Chalachan
315 Ferndale Dr
Binghamton, NY 13905

Irene Citar
5 Markay Court
Binghamton, NY 13905

Helen Demetry
2614 Columbia Drive
Endwell, NY 13760

Joseph and Mary Dervay
204 Jay Street
Johnson City, NY 13790

Julianna Dranichak
Apt. 3136, 282 Deyo Hill Rd
Johnson City, NY 13790

Mary Duke
181 Albany Avenue
Johnson City, NY 13790

Helen Gasula
53 Leigh St
Johnson City, NY 13790

Margaret Heckman
124 Laurel Avenue
Binghamton, NY 13905

Sally Husar
25 Jameson Road
Binghamton, NY 13905

Michael & Dolores Kundrat
725 Lee Cir Apt B5
Johnson City, NY 13790

Pavel Komanicky
Riverside Towers
5 Riverside Drive
Binghamton, NY 13905

Bernadine Nercock
81 Wren Street
Johnson City, NY 13790

Bill Orzell
109 Zoa Avenue
Johnson City, NY 13790

Carol Paccio
1014 Elmwood Drive
Johnson City, NY 13760

Irma Petras
604 Queensbury Court
Vestal, NY 13850

Mary Parakulics
212 Avondale Court
Vestal, NY 13850

Richard & Claudia Rogers
23 Vankaren Dr
Binghamton, NY 13901

Donna Sablich
7 Pamela Dr
Johnson City, NY 13790

Michael and Julie Sedlack
1116 Tamara Lane
Johnson City, NY 13790

Josephine & Tammy Sedor
113 Zoa Avenue
Johnson City, NY 13790
Val Seketa
326 Odell Avenue
Endicott, NY 13760

Margaret Vavra
57 Leigh Street
Johnson City, NY 13790

Helen Woodruff-Merrill
9 Woodruff Avenue
Binghamton, NY 13901

Folks Out of Area:
Marjorie Boyan
135 Summerfield Village
Lane
Syracuse, NY 13215

Diane Keating
The Laurels
39 Central Ave, Apt 1G
Weisboro, PA 16901





During the Advent Season, one of the tools the Church offers us in seeking to grow spiritually is the spirit of fasting. If you wonder how you should fast, well, the strict discipline often involves abstaining from meat and dairy products during all the days of the 40 day fast leading to Christmas. Perhaps you have not done all or even some of this, but as our Metropolitan Gregory once noted when asked how one should fast, he simply said: “Think about what you did last year and then try to do more!”

We are reminded by St. John Chrysostom that fasting involves far more than what we might or might not be eating. He clearly taught that regardless of diet, there is a deeper dimension to fasting that needs to be observed by all, for if not, all the fasting from any foods will simply be in vain.

These are his words:

Fast with:

... the eye and the ear and the feet and the hands and all the 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 ear 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?

-St John Chrysostom

Excerpted from:

<https://www.asceticlifeofmotherhood.com/blog/Adventguideforfamilies>