

HOLY TRINITY UKRAINIAN CATHOLIC CHURCH

*Sown in Israel, sanctified by Apostles, shaped by Greeks,
strengthened by Romans, seasoned in Ukraine,
and sent to the whole world.*

RECTORY:
412-279-4652

OFFICE HOURS:
M-W-F,
9am to 12pm

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412-276-9897

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www.htucc.com

FACEBOOK:
@ Holy Trinity
Ukrainian Catholic
Church



CONFESSIONS:

Available after each
weekday Liturgy,
and Sunday at the
start of the 11 am
Divine Liturgy

DIVINE LITURGY:

Saturday 4 pm
Sunday 8:30 am (Ukr.)
and 11 am
M-F: 8:30 am

Fr. Jason Charron, *Pastor*

Fr. Ivan Smereka ✝ Fr. Deacon Myron Spak ✝ Fr. Deacon Andrew Kurzawski

Diocese of St. Josaphat
stjosaphateparchy.com

July 19, 2026

Sunday of the Fathers of the Six Ecumenical Councils - July 19, 2026

From the Desk of the Pastor...

There is some confusion about whether this Sunday is for the Fathers of the Six Ecumenical Councils. This is due to errors in various calendars and different uses among some Byzantine-rite churches. For example, our eparchial website lists today at the Sunday of the Fathers of the Six Ecumenical Councils. One thing, however, about today that is not confusing is the saint for the day: St. Macrina the Younger, July 19th. The world likes to tell us where value is found. It says a woman's worth is measured by the office she works in, the title on her desk, the paycheck she earns outside her front door. It tells us that the home is a place to *escape*, not a place to *build*. It tells us that raising children, keeping a household, and forming souls around the family table is somehow smaller than a career spent doing those same things for other people's households.

The Church has always known better.

Today we honor a woman who never held a public office, never left home to "make something of herself," and yet formed two of the towering minds of Christian history. **Saint Macrina the Younger** was the elder sister of Saints Basil the Great and Gregory of Nyssa, two of the great Cappadocian Fathers whose theology still shapes the Church today. She stood *as the pillar* of their formation, as their teacher in virtue, knowledge and wisdom, quietly and faithfully.

After her father's death, Macrina persuaded her mother, Saint Emmelia, to free their servants and turn the family estate into a community of common prayer, work, simple poverty, and equality: the domestic church lived out in its fullest form, long before the phrase existed. Saint Gregory of Nyssa later wrote an entire book, *The Life of Macrina*, naming his own sister as his teacher in the things that matter most. And when she came to die, around the year 380, she had no fear, just offering a prayer of thanksgiving, bearing witness even in suffering to the hope of the resurrection.

Not a career woman, or an activist of social change, but rather a woman of deep faith and love of her family, such that the Church remembers her as a saint, a teacher of saints, seventeen centuries later.

G.K. Chesterton saw this contradiction in the modern mind long before we did. He asked why the world praises the woman who leaves home to instruct other people's children, while dismissing the mother who stays to teach her own:

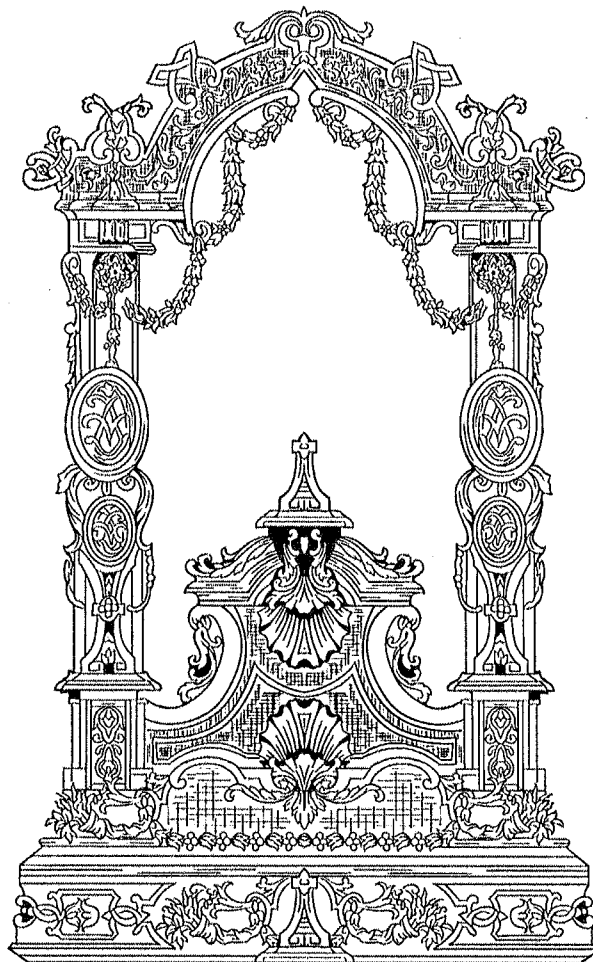
"How can it be a large career to tell other people's children about the Rule of Three, and a small career to tell one's own children about the universe?"

This is the quiet scandal that Saint Macrina's life exposes. The domestic church (the home where prayer is offered, where children are formed in virtue, where the ordinary rhythm of meals and chores and bedtime prayers becomes the soil of sanctity) is not a lesser calling. It is not a waiting room before "real life" begins. It *is* real life. It is where saints are made, and where saint-makers, like Macrina, do their quiet and eternal work.

So to every mother, grandmother, and woman who has given her days to the family God gave her: your work is not small. It is not hidden from God, even when it is hidden from the world. Macrina teaches us that a life poured out at home, in ordinary faithfulness, can shape the Church for centuries.

Venerable Macrina, pray for our families and our homes.

Fr. Jason



Matthew 14:14-22 ЄВАНГЕЛІЄ ВІД МАТЕЯ 14:14-22

¹⁴ When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. ¹⁵ When it was evening, the disciples came to him and said, 'This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.' ¹⁶ Jesus said to them, 'They need not go away; you give them something to eat.' ¹⁷ They replied, 'We have nothing here but five loaves and two fish.' ¹⁸ And he said, 'Bring them here to me.' ¹⁹ Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. ²⁰ And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. ²¹ And those who ate were about five thousand men, besides women and children. ²² Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds.



¹⁴ І, як вийшов Ісус, Він побачив багато народу, і змилосердивсь над ними, і їхніх слабих уздоровив. ¹⁵ А коли настав вечір, підійшли Його учні до Нього й сказали: Тут місце пустинне, і година вже пізня; відпусти народ, хай по селах розійдуться, і куплять поживи собі. ¹⁶ А Ісус їм сказав: Непотрібно відходити їм, нагодуйте їх ви! ¹⁷ Вони ж кажуть Йому: Не маємо чим тут, тільки п'ятеро хліба й дві риби. ¹⁸ А Він відказав: Принесіть Мені їх сюди. ¹⁹ І, звелівши натовпові посідати на траві, Він узяв п'ятеро хліба й дві риби, споглянув на небо, поблагословив й поламав ті хліби, і дав учням, а учні народові. ²⁰ І всі їли й наситились, а з кусків позосталих назбирали дванадцятьоро повних кошів... ²¹ Їдців же було мужа тисяч із п'ять, крім жінок і дітей. ²² І зараз звелів Ісус учням до човна сідати, і переплисти на той бік раніше Його, аж поки народ Він відпустить.

Corinthians 1:10-18 ПОСЛАННЯ ДО КОРИНТЯН 1:10-18

Now I appeal to you, brothers and sisters, by the name of our Lord Jesus Christ, that all of you should be in agreement and that there should be no divisions among you, but that you should be united in the same mind and the same purpose. ¹¹ For it has been reported to me by Chloe's people that there are quarrels among you, my brothers and sisters. ¹² What I mean is that each of you says, 'I belong to Paul', or 'I belong to Apollos', or 'I belong to Cephas', or 'I belong to Christ.' ¹³ Has Christ been divided? Was Paul crucified for you? Or were you baptized in the name of Paul? ¹⁴ I thank God that I baptized none of you except Crispus and Gaius, ¹⁵ so that no one can say that you were baptized in my name. ¹⁶ (I did baptize also the household of Stephanas; beyond that, I do not know whether I baptized anyone else.) ¹⁷ For Christ did not send me to baptize but to proclaim the gospel, and not with eloquent wisdom, so that the cross of Christ might not be emptied of its power. ¹⁸ For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.



¹⁰ Тож благаю вас, браття, Ім'ям Господа нашого Ісуса Христа, щоб ви всі говорили те саме, і щоб не було поміж вами поділення, але щоб були ви поєднані в однім розумінні та в думці одній!¹¹ Бо стало відомо мені про вас, мої браття, від Хлоїних, що між вами суперечки.¹² А кажу я про те, що з вас кожен говорить: я ж Павлів, а я Аполлосів, а я Кифин, а я Христів.¹³ Чи ж Христос поділився? Чи ж Павло був розп'ятий за вас? Чи в Павлове ім'я ви христились?¹⁴ Дякую Богові, що я ані одного з вас не хрестив, окрім Кріспа та Гая,¹⁵ щоб ніхто не сказав, ніби я охрестив був у ймення своє.¹⁶ Охрестив же був я й дім Степанів; більш не знаю, чи хрестив кого іншого я.¹⁷ Бо Христос не послав мене, щоб хрестити, а звіщати Євангелію, і то не в мудрості слова, щоб безсилим не став хрест Христа.¹⁸ Бож слово про хреста тим, що гинуть, то глупота, а для нас, що спасаємось, Сила Божа!

62. Major Nineteenth-Century American Cults

	MORMONS	ADVENTISTS		CHRISTIAN SCIENCE	JEHOVAH'S WITNESSES
OFFICIAL NAME	Church of Jesus Christ of Latter-Day Saints	Seventh-Day Adventists		Church of Christ, Scientist	Watchtower Bible and Tract Society
FOUNDER(S)	Joseph Smith, Jr. (1805–1844)	William Miller (1782–1849) [Movement]	Former Followers of Miller [Church]	Mary Baker Glover Patterson Eddy (1821–1910)	Charles Taze Russell (1852–1916)
DATE	1830	1844	1860	1879	1884
PLACE	Harmony, Pa.	Northern N.Y.	Battle Creek, Mich.	Boston, Mass.	Pittsburgh, Pa.
OTHER MAJOR FIGURES	Brigham Young (1801–1877)	Hiram Edson Joseph Bates Ellen G. White (1827–1915)			Joseph F. Rutherford (1869–1942) Nathan H. Knorr (1905–1977)
EXTRABIBLICAL SOURCES OF AUTHORITY	<i>Book of Mormon</i> <i>Doctrine and Covenants</i> <i>Pearl of Great Price</i> Ongoing divine revelation through president of church	Writings of Ellen G. White Continuing gift of prophecy within church		<i>Science and Health With Key to the Scriptures</i>	<i>New World Translation of the Holy Scriptures</i> Writings produced by Brooklyn, N.Y., headquarters
DOCTRINE OF GOD	Polytheism—God was once man; man becomes God. God has a body.	Orthodox		Pantheism—All is God. Matter does not exist.	Monotheism—Doctrine of the Trinity is denied.
PERSON OF CHRIST	Christ is divine, but not unique.	Orthodox		Distinguish between Jesus (a man) and Christ (a divine idea) cf. Gnosticism	Arian—Christ is unique but not divine, identified with Michael the Archangel, the first created being.
WORK OF CHRIST	Death of Christ erased effect of Adam's sin, thus providing for the resurrection of all people.	Atonement is substitutionary but not finished. Investigative judgment is now determining whose sins are to be blotted out.		Christ was the great example of a scientific healing practitioner.	Ransom removes original sin from all "good and faithful" people, providing them with opportunity for everlasting life.

62. Major Nineteenth-Century American Cults (continued)

	MORMONS	ADVENTISTS	CHRISTIAN SCIENCE	JEHOVAH'S WITNESSES
HOLY SPIRIT	impersonal force	Orthodox	not distinguished from God	impersonal force
MAN	Man was preexist- ent and has in- nate goodness.	Orthodox (dichotomist)	Man is coeternal with God. Bodies are non- existent. Sin is imaginary.	Sin is not perva- sive, merely an imperfection.
SALVATION	Comes through faith, repent- ance, baptism, laying on of hands, keeping commandments.	Comes through faith, keeping Mosaic law (es- pecially Sabbath commandment).	Comes through re- alizing that sin and evil do not exist.	Comes through faith plus works to gain God's approval.
CHURCH	Exclusivist—After apostle John died, church ceased to exist until 1830; only their sacraments valid.	Formerly exclusiv- ist—Now teach that all true be- lievers will even- tually keep the Ten Command- ments.	Exclusivist	Exclusivist—All others will be annihilated.
INDIVIDUAL ESCHATOLOGY	There is a second chance after death; no eter- nal punishment; man eventually advances to Godhood.	Soul sleep and annihilation of wicked are taught.	There is probation after death, al- lowing growth into truth; oth- erwise, annihila- tion.	Soul sleep and annihilation of wicked are taught.
GENERAL ESCHATOLOGY	Israel (American Indians) will be restored. Millennial reign of Christ will take place from Jerusalem and Independ- ence, Missouri. All people will be assigned to one of three king- doms, according to degree of spiritual advancement.	Hold premillennial, postributional views. Righteous will spend eternity on renewed earth.		Christ returned in 1914. Millennial kingdom was to begin after Armageddon in 1975. The 144,000 will spend eternity in heaven, all other Witnesses in earthly Paradise.
PRACTICE	Practice absti- nence from liquor, tobacco, coffee, tea. Fasting, tithing, sabbath keep- ing are re- quired. Marriage is for time and eternity. Encourage bap- tism for dead relatives.	Adhere to Old Testament dietary laws. Practice Sabbath- keeping, believ- ers' baptism by immersion, foot- washing.	Have no sacra- ments. Church govern- ment and teach- ing cannot be changed without written permis- sion from Mrs. Eddy. All churches are linked to the Mother Church in Boston.	Teach total pacifism. Refuse to partici- pate in govern- ment (voting, holding office, saluting flag, taking oath, etc.). No blood transfu- sions are per- mitted.

Liturgical Propers

Troparion, Tone 7: By Your cross You destroyed death;*

You opened Paradise to the thief;* You changed the lamentation of the myrrh-bearers to joy,*
and charged the apostles to proclaim* that You are risen, O Christ our God,*
offering great mercy to the world.

Troparion, Tone 8: Christ our God, You are glorified above all,* You established our fathers
as beacons on earth* and through them guided all of us to the true faith.* Glory to You, most
compassionate Lord.

Kontakion, Tone 7: No longer shall the dominion of death be able to hold humanity,*
for Christ went down, shattering and destroying its powers.* Hades is bound.* The prophets
exult with one voice.* The Saviour has come for those with faith, saying:*

“Come forth, O faithful, to the resurrection!”

Glory be to the Father and to the Son and to the Holy Spirit.

Kontakion, Tone 6: The Son who ineffably shone from the Father*
was born two-fold of nature from a woman.*
Beholding Him, we do not reject the image of His form,*
but depicting it, we revere it faithfully.*
Therefore, the Church, holding the true faith,*
kisses the icon of Christ’s becoming man.

Now and for ever and ever. Amen.

Theotokion, Tone 6: Undaunted Patroness of Christians,*
O steadfast Intermediary with the Creator,*
turn not away from the suppliant voices of sinners,*
but in your kindness come to help us who cry out to you in faith.*
Be quick to intercede, make haste to plead,*
for you are ever the Patroness of those who honor you, O Mother of God.

Prokeimenon, Tone 4

Blessed are You, Lord God of our fathers,* and praised and glorified is Your name
forever. **Verse:** For You are righteous in everything that You have done to us.
(Daniel 3:26–27)

Alleluia, Tone 1

Verse: The God of gods, the Lord, spoke and summoned the earth from the rising
of the sun to its setting. **Verse:** Gather to Him his devout ones, who with sacrifice
make covenant with Him. (Ps. 49: 1,5)

HOLY TRINITY PARISH NEWS

SCAMMER ALERT: Please be aware that there is an email scam from someone impersonating Fr. Jason. Do not give out any of your personal, financial or contact information.

PRAYERS

Please remember Barbara Spak in your prayers.

MOVING

Please remember our cantor Peter and his lovely wife Jamie as they begin a new chapter in life by moving back to California in August.

KIDS' BIBLE CAMP

Thursdays: July 9, 16, 23 & 30
9:00 a.m.–1:00 p.m. Ages 5–12
Register through the parish office.

FALL FESTIVAL

Meeting: Tuesday, July 28 • 6:30 p.m.
Church Auditorium.

PAC ELECTIONS

We will begin a new cycle of PAC elections in the coming weeks. We have three openings. Candidates must be members and communicants in good standing with our parish.

PRAYER INTENTIONS

Please notify the parish office if you would like someone added or retained on the prayer list.

Tom Sauer	Lynn Porter	Tim Brennan	Harry Kohl
Stephanie Konecky	Michael Morozowich	Brad McGowan	Michael Makar
Ken Medwig	Wilford Ford	Robert Leonard	Stepan Vasylynyuk
Al Trautman	Bobbi Spak	Michaelina Pituch	Lorraine Maselko
Ricky Oddi	Veronica Alstad	Dee Dee Beach	Russell Douglass

SUNDAY COLLECTION

Weekly Envelopes	\$4343
Special Donations	\$382
All Other	\$432
Cemetery	\$375
Non-Parishioner Donations	\$135
Total Offertory	\$5667

SERVICES FOR THE WEEK

Sat., 7/18
4:00 pm

Sunday of the Fathers of the Six Ecumenical Councils
For the health of Bobbi Spak req. by Marika Zaliszczuk. (IS)

Sun., 7/19
8:30 am
11:00 am

Sunday of the Fathers of the Six Ecumenical Councils
For the souls of Olga & Yaroslav req. by Oksana Chubko. (JC)
For the soul of Debbie Popivchak req. by Weil Family. (JC)

Sun., 7/20
10:00 am

St. Elias the Prophet
For the health of Fr. Smereka, req. by Fr. Jason. (JC)

Sat., 7/25
4:00 pm

9th Sunday after Pentecost
For the souls of Les & Katryna Zaliszczuk req. by Marika Zaliszczuk & Bohdan & Anne Konecky. (IS)

Sun., 7/26
8:30 am
11:00 am

9th Sunday after Pentecost
For the soul of Valentina (40th Day) req. by Vadym. (JC)
For the health & salvation of Sean & Rachel Clowes on the birth of their daughter, Penelope, req. by Covell Family. (JC)

RECURRING PARISH GIVING — COMING SOON

A secure recurring giving option is being explored for parishioners who travel or are occasionally unable to attend. It will supplement traditional offertory giving and help sustain the parish's weekly mission. More information will follow. How have you supported your parish this past month? "God loves a cheerful giver."
— 2 Corinthians 9:7



HOLY TRINITY UKRAINIAN CATHOLIC CHURCH

PARISH CONTACTS

To reach any of the following members, please call the church rectory at 412-279-4652 in order to receive their personal contact information.

PASTOR'S ADVISORY COUNCIL Zac Sudiak	FINANCIAL ADVISORY COMMITTEE Gary Shiwarski Zac Sudiak
CCD RELIGIOUS EDUCATION Fr. Jason Charron	WOMEN'S GROUP Rebecca Covell
SAFE ENVIRONMENT Marika Zaliszczuk	LEAGUE OF UKRAINIAN CATHOLICS Nick Kotow
YOUTH GROUP HTUCCyouthgroup@gmail.com	ANNUAL PICNIC COMMITTEE Andrew Kurzawski
PRO-LIFE Linda Yurko	MEN'S GROUP Jason Clarke
MUSIC Peter Coelho-Kostolny	ALTAR DECORATING Arlene Esterburg

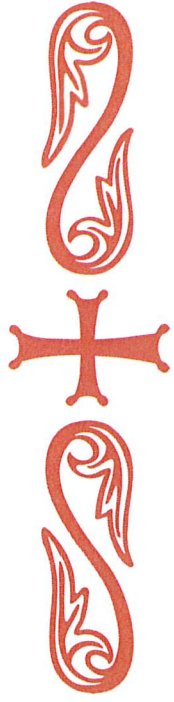


RIDNA SHKOLA Olexandra Korenovska
SEVEN SISTERS APOSTOLATE Leah Krummert



AUGUST 2026

АВГУСТ 31



SOCIETY of
SAINT JOHN
CHRYSOSTOM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 14 th Sunday after Pentecost: Tone V Holy Patriarchs of Constantinople Alexander, John & Paul 2 Cor. 1:21-24 Mt. 22:1-14	31 + Placing of the Precious Cincture of the Most Holy Theotokos in the Church of Blachernae at Constantinople + Heb. 9:1-7; Lk. 10:38-42; 11:27-28 Gal. 2:11-16; Mk. 5:24-34	4 Holy Seven Youths of Ephesus Virgin-martyr Eudokia of Persia 2 Cor. 2:14-33 Mt. 23:23-28	5 Forefeast of the Transfiguration Martyrs Eusebios of Antioch 2 Cor. 3:4-11 Mt. 23:29-39	6 TRANSFIGURATION OF OUR LORD JESUS CHRIST 2 Pet. 1:10-19 Mt. 17:1-9	7 Forefeast of the Transfiguration Martyr Dometios of Persia 2 Cor. 4:13-18 Mt. 24:27-33; 42-51	1 Forefeast of the Dormition Fast Procession of the Precious Wood of the Life-giving Cross of the Lord Seven Holy Maccabees Rom. 15:30-33 Mt. 17:24-18:4
2 10 th Sunday after Pentecost: Tone I Translation of the Relics of Protomartyr & Archdeacon Stephen 1 Cor. 4:9-16 Mt. 17:14-23	3 Venerables Isaac, Dalmatus & Faustus, Ascetics of the Dalmatian Monastery in Constantinople 2 Cor. 2:4-15 Mt. 23:13-22	4 Holy Seven Youths of Ephesus Virgin-martyr Eudokia of Persia 2 Cor. 2:14-33 Mt. 23:23-28	5 Forefeast of the Transfiguration Martyrs Eusebios of Antioch 2 Cor. 3:4-11 Mt. 23:29-39	6 TRANSFIGURATION OF OUR LORD JESUS CHRIST 2 Pet. 1:10-19 Mt. 17:1-9	7 Forefeast of the Transfiguration Martyr Dometios of Persia 2 Cor. 4:13-18 Mt. 24:27-33; 42-51	8 Forefeast of the Transfiguration Holy Father Emilian the Confessor, Bishop of Kyzikos 1 Cor. 13:9 Mt. 19:3-12
9 Forefeast of the Transfiguration 11 th Sunday after Pentecost: Tone II + Holy Apostle Matthias 1 Cor. 9:2-12; Mt. 18:33-35 + Acts 1:12-17; 21-26; Lk. 9:1-6	10 Forefeast of the Transfiguration Martyrs Archdeacon Laurence, Pope Sixtus and Deacons Felissimus & Agapitus 2 Cor. 5:10-15 Mt. 19:1-15	11 Forefeast of the Transfiguration Martyr & Archdeacon Euplus 2 Cor. 5:15-21 Mt. 12:16-22	12 Forefeast of the Transfiguration Martyrs Photios & Anicetas of Nicomedia 2 Cor. 6:11-16 Mt. 12:23-28	13 Forefeast of the Transfiguration Venerable Maximus the Confessor 2 Cor. 7:1-10 Mt. 12:29-35	14 Forefeast of the Dormition + Translation of the relics of Ven. Feodosy of the Kyiv Caves Holy Prophet Micah + Heb. 13:7-16; Mt. 11:27-30 2 Cor. 7:10-16; Mk. 2:18-22	15 DORMITION OF THE MOST HOLY THEOTOKOS Phil. 2:5-11 Lk. 10:38-42; 11:27-28
16 Forefeast of the Dormition 12 th Sunday after Pentecost: Tone III + Translation of the Icon of Our Lord Not-Made-by-Hands from Edessa to Constantinople 1 Cor. 15:1-11 Mt. 19:16-26	17 Forefeast of the Dormition Martyr Myron of Kyzikos 2 Cor. 8:7-15 Mt. 3:6-12	18 Forefeast of the Dormition + Consecration of the Patriarchal Cathedral of the Resurrection of Christ in Kyiv + Heb. 3:1-4; Mt. 16:13-18 2 Cor. 8:16-9:5; Mk. 3:13-19	19 Forefeast of the Dormition Martyr Andrew Stratelates & 2,593 soldiers with him in Cilicia 2 Cor. 9:12-10:7 Mt. 3:19-27	20 Forefeast of the Dormition Holy Prophet Samuel 2 Cor. 10:7-18 Mt. 3:28-35	21 Forefeast of the Dormition Apostle Thaddeus of the 70 Martyr Bassa with her sons Theognos, Agapios & Pistos 2 Cor. 11:5-21 Mt. 4:1-9	22 Forefeast of the Dormition Martyr Agathonikes and those with him Repose of Holy Father Symeon, Confessor of Krasnoyarsk 1 Cor. 2:6-9 Mt. 22:15-22
23 Forefeast of the Dormition 13 th Sunday after Pentecost: Tone IV Martyr Luppos Hieromartyr Irenaeus of Lyons 1 Cor. 16:13-24 Mt. 21:33-42	24 Hieromartyr Eurychius, Disciple of Holy Apostle & Evangelist John the Theologian 2 Cor. 12:10-19 Mt. 4:10-23	25 Return of the relics of the Holy Apostle Bartholomew from Anastasiopolis to Lipari Holy Apostle Titus of the 70 2 Cor. 12:21-13:2 Mt. 4:24-34	26 Martyrs Adrian & Natalia 2 Cor. 13:3-14 Mt. 4:35-41	27 Venerable Pimen the Great Blessed Nun-martyrs Lavrentia & Olympia Gal. 1:1-10; 20-25 Mt. 5:1-20	28 Venerable Moses the Black Holy Father Augustine of Hippo Synaxis of the Fathers of the Kyiv Caves Gal. 2:6-10 Mt. 5:22-24; 35-61	29 BEADING OF THE HOLY PROPHET, FORERUNNER & BAPTIST JOHN Acts. 13:25-33 Mt. 6:14-30

⊕ CLASS I (GREAT FEAST) ⊕ CLASS II (VIGIL) ⊕ CLASS III (POLYELEOS) ⊕ CLASS IV (GREAT DOXOLOGY) ⊕ CLASS V (SIX STICHERA) ① EOTHINON
 ☉ Total Fast ☿ Xerophagy ☿ Wine Permitted ☿ Wine & Oil Permitted ☿ Fish, Wine & Oil Permitted ☿ Eggs, Dairy, Wine & Oil Permitted ☿ Fast-Free Period ☿ SSJC.UK