

WELCOME TO ALL PARISHIONERS & GUESTS WHO HAVE JOINED US TODAY!



**ST. NICHOLAS THE WONDERWORKER PARISH
ПАРАФІЯ СВ. МИКОЛАЯ ЧУДОТВОРЦЯ**



Pastor: Fr. Yuriy Vyshnevskyy

Emergency: 250.891.4507

Church: 250.384.2292 Hall: 250.384.2255

Facebook: [facebook.com/stnicholasvictoria](https://www.facebook.com/stnicholasvictoria)

1112 Caledonia Avenue, Victoria, BC V8T 1G1

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Tue-Fri DL - 9am; Sun DL - 10am

*The Ukrainian Catholic Eparchy of New Westminster
Bishop: Most Rev. Ken Nowakowski (www.nweparchy.ca)*

**FOURTH SUNDAY OF THE GREAT FAST
ЧЕТВЕРТА НЕДІЛЯ ПОСТУ**

The Fourth Sunday of Lent is dedicated to Saint John of the Ladder (Climacus), the author of the work, *The Ladder of Divine Ascent*. The abbot of Saint Catherine's Monastery on Mount Sinai (6th century) stands as a witness to the violent effort needed for entrance into God's Kingdom (Mt.10: 12). The spiritual struggle of the Christian life is a real one, "not against flesh and blood, but against ... the rulers of the present darkness ... the hosts of wickedness in heavenly places ..." (Eph 6:12). Saint John encourages the faithful in their efforts for, according to the Lord, only "he who endures to the end will be saved" (Mt.24:13).



***Saint John of the
Ladder (Climacus)***

PLEASE JOIN US FOR COFFEE & FELLOWSHIP AFTER DIVINE LITURGY!

SUNDAY HYMNS			
OPENING HYMN	With Joy We Keep the Holy Fast pg. 1008 (<i>Anthology of Worship</i>)		
COMMUNION HYMN	Витай Нам Хресте / We Sing Your Praises pg. 4-5		
CLOSING HYMN	Кант до Святого Хреста / Kant to the Holy Cross		
<i>Please join us today in singing our Sunday hymns!</i>			
SUNDAY & DAILY SCHEDULE			
SUNDAY, March 31	Divine Liturgy - for the Parishioners of St Nicholas Parish	10:00 AM	
MONDAY, April 1	NO SERVICES		
TUESDAY, April 2	Stations of the Cross	9:00 AM	
WEDNESDAY, April 3	Divine Liturgy of the Pre-Sanctified Gifts	9:00 AM	
THURSDAY, April 4	Divine Liturgy followed by Sorokousty	9:00 AM	
FRIDAY, April 5	Divine Liturgy of the Pre-Sanctified Gifts	6:00 PM	
SATURDAY, April 6	NO SERVICES		
SUNDAY, April 7	Divine Liturgy - for the Parishioners of St Nicholas Parish	10:00 AM	
<i>Please Note: to request a Divine Liturgy for a special intention, please see Fr. Yuriy to arrange for it!</i>			
SUNDAY EPISTLE READERS			
DATE	READING	UKRAINIAN	ENGLISH
SUNDAY, March 31	Heb.6: 13-20	Kateryna Yaremyn	Khrystyna Yaremyn
SUNDAY, April 7	Heb.9:11-14	Liliia Palyvoda	Zoe MacGillivray
SUNDAY, April 14	Phil. 4:4-9	Glikeria Iwanuck	Peter Iwanuck
SUNDAY, April 21	Act. 1: 1-8	Motria Koropecy	Darryl Huculak
<i>Thank you, Epistle readers, for your service in proclaiming God's Word!</i>			
2019 PARISH COUNCIL EXECUTIVE		PASTORAL MINISTRY & HOLY MYSTERIES	
CHAIRPERSON..... Alec Rossa - 250.472.3374		CONFESSIONS..... 1/2 hour before Liturgy	
VICE-CHAIRPERSON..... Richard DeMerchant - 250.893.3484		EUCARIST..... for the sick - any time	
SECRETARY..... Luba Kucharyshyn - 780.476.4260		BAPTISMS..... by appointment	
TREASURER..... William Vanderven - 250.478.1458		MARRIAGES..... six months notice should be given to the parish priest, and he should be contacted before any other arrangements are made	
FINANCIAL SECRETARY..... David Newberry - 250.598.8197		FUNERALS..... by appointment	
FUNDRAISING/HALL RENTAL..... Robert Herchak - 250.386.7872		ANOINTING..... any time	
LITURGICAL COMMITTEE... Motria Koropecy - 250.658.3051		HOSPITAL VISITS..... any time	
MEMBER AT LARGE..... Wayne Saunders - 780.710.2027			
<p>Bequests & Wills: Leaving a bequeath is a process of giving a donation through your will. It is simply a distribution from your estate to a charitable organization through your last will and testament. It can be as small or as large a donation as you wish. It is important that you talk to your lawyer about the process. In your kindness please remember St Nicholas the Wonderworker Ukrainian Catholic Church in your bequeath and will. If anyone wishes to make such a bequeath in their will, the following clause may be included or added to a will: "I give, devise, and bequeath to St Nicholas the Wonderworker Ukrainian Catholic Parish - 1112 Caledonia Avenue, Victoria BC, V8T 1G1, the sum of \$ _____ (or _____ % of my estate), to be used for the benefit of the parish and it's pastoral activities."</p>			

Vibrant Parish Prayer

O God, Creator of Heaven and Earth! Because of your indescribable love for us, you sent your Only-Begotten Son, Our Lord and Saviour, Jesus Christ - The Way, The Truth, and The Life - and our Salvation. In His name, we turn to You. Strengthen our hearts and minds in Christian love and in unity of purpose as we strive to build a Vibrant Parish. Give us the grace to model our lives according to the Word of God. Instill in us the desire to pray and to celebrate the Holy Mysteries as one Christian Family in our Parish Community. Inspire us to follow Your great command to be a servant to the less fortunate among us! Grant this, O Lord, through the mercies and love for mankind of Your Only-Begotten Son with whom You are blessed, together with Your All-Holy, Good and Life-Giving Spirit, now and forever and ever. Amen!



ST. NICHOLAS PARISH

A PLACE TO ENCOUNTER THE LIVING CHRIST

Through the word, the Holy Mysteries & Prayer,
Serving One's Neighbor, Leadership
Fostering & Serving Unity and Missionary Spirit
(His Beatitude Sviatoslav)



Молитва Живої Парафії

Господи Ісусе Христе, Пастирю Добрий, як колись Ти пригорнув заблуканих овечок, щоб вони пізнали Твій голос і були Твоїм стадом, так і сьогодні глянь ласкаво з небесних висот на нашу парафію та зішли на неї Твого Святого Духа, щоб вона була місцем пізнання радості Доброї Новини. Скріплюй нас Твоєю присутністю та єднай нас кожночасно в молитві. Даруй нам духа служіння ближньому, щоб у нашій парафії кожний міг зустріти Тебе, милостивого Бога. Благослови наш духовний провід Твоєю мудрістю і дай, щоб ніхто з нас не шкодував ні часу, ні талантів, ні матеріальних дібр для розбудови Твого царства. Єднай нас у мирі та злагоді, щоб ми були Твоєю спільнотою любові. Всели в нас місійного духа, щоб ми стали тим світилом евангельського слова, молитви і добрих діл, що кличе кожного до участі в Божественному житті, щоб славилось, Спасе, Твоє Ім'я з безначальним Твоїм Отцем та пресвятим, благим і животворящим Твоїм Духом нині, і повсякчас, і на віки віків. Амінь.

DIVINE LITURGY PROPERS

*The Divine Liturgy - An Anthology for Worship: Liturgy - pg. 270-318; propers - pg. 341, 630
The Divine Liturgy of our Father among the Saints St. Basil the Great is celebrated.*

Troparion, Tone 4: When the disciples of the Lord learned from the angel* the glorious news of the resurrection* and cast off the ancestral condemnation,* they proudly told the apostles:* “Death has been plundered!* Christ our God is risen,* granting to the world great mercy.”

Troparion, Tone 1: O John, our God-bearing father,* you were shown to be a citizen of the desert,* an angel in bodily form,* and a worker of miracles.* Through fasting, prayers and vigils you received heavenly gifts* to heal the sick and the souls of those who, in faith, run to you.* Glory to Him who gives you strength.* Glory to Him who crowned you.* Glory to Him who works healing for all through you.

Glory: Now: Kontakion, Tone 4: On the heights of true abstinence,* the Lord established you as a reliable star,* giving light for guidance to the ends of the earth,* O father John, our teacher.

Prokeimenon, Tone 4: How great are Your works, O Lord* You have made all things in wisdom. Verse: Bless the Lord, O my soul: O Lord my God, You are exceedingly great.

Prokeimenon, Tone 8: The venerable ones will exult in glory* and they shall be joyful in their beds.

Epistle - Heb. 6:13-20 - A reading from the letter of St. Paul to the Hebrews: Brothers and sisters, when God made a promise to Abraham, because he had no one greater by whom to swear, he swore by himself, saying, 'I will surely bless you and multiply you.' And thus Abraham, having patiently endured, obtained the promise. Human beings, of course, swear by someone greater than themselves, and an oath given as confirmation puts an end to all dispute. In the same way, when God desired to show even more clearly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it by an oath, so that through two unchangeable things, in which it is impossible that God would prove false, we who have taken refuge might be strongly encouraged to seize the hope set before us. We have this hope, a sure and steadfast anchor of the soul, a hope that enters the inner shrine behind the curtain, where Jesus, a forerunner on our behalf, has entered, having become a high priest for ever according to the order of Melchizedek.

Alleluia, Tone 4: Verse: Poise yourself and advance in triumph and reign in the cause of truth, and meekness, and justice. Verse: You have loved justice and hated iniquity. Verse: They who are planted in the hose of the Lord shall flourish in the courts of our God.

Gospel - Mark 9:17-31 - At that time a man came to Jesus and said: "Teacher, I have brought to you my son possessed by a mute spirit. Wherever it seizes him, it throws him down; he foams at the mouth, grinds his teeth, and becomes rigid. I asked your disciples to drive it out, but they were unable to do so." He said to them in reply, "O faithless generation, how long will I be with you? How long will I endure you? Bring him to me." They brought the boy to him. And when he saw him, the spirit immediately threw the boy into convulsions. As he fell to the ground, he began to roll around and foam at the mouth. Then he questioned his father, "How long has this been happening to him?" He replied, "Since childhood. It has often thrown him into fire and into water to kill him. But if you can do anything, have compassion on us and help us." Jesus said to him, " 'If you can!' Everything is possible to one who has faith." Then the boy's father cried out, "I do believe, help my unbelief!" Jesus, on seeing a crowd rapidly gathering, rebuked the unclean

spirit and said to it, "Mute and deaf spirit, I command you: come out of him and never enter him again!" Shouting and throwing the boy into convulsions, it came out. He became like a corpse, which caused many to say, "He is dead!" But Jesus took him by the hand, raised him, and he stood up. When he entered the house, his disciples asked him in private, "Why could we not drive it out?" He said to them, "This kind can only come out through prayer." They left from there and began a journey through Galilee, but he did not wish anyone to know about it. He was teaching his disciples and telling them, "The Son of Man is to be handed over to men and they will kill him, and three days after his death he will rise."

Instead of "It is truly right..." we sing: In you, O Full of Grace, all creation rejoices: the angelic ranks and all the human race. Sanctified temple and spiritual paradise, virgins' pride and boast, from whom God is made flesh and became a little Child; and He who is our God before all ages, He made your womb a throne, and He made it wider than all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.

Communion Hymn: Praise the Lord from the heavens;* praise Him in the highest.* The just man shall be in everlasting remembrance;* of evil hearsay he shall have no fear.* Alleluia, alleluia,* alleluia.

Prayer After Holy Communion: Having been made worthy to partake in a mystical way of Your immaculate Body and precious Blood, O Christ our God, I acclaim and bless, worship and glorify You, and proclaim the greatness of Your saving acts, now and for ever and ever. Amen. (*more Prayers After Holy Communion on pg. 324-326 in the Anthology book*).



Тропар, глас 4: Світлу про воскресіння розповідь від ангела почувши* і від прадідного засуду звільнившись,* Господні учениці, радіючи, казали апостолам:* Здолано смерть, воскрес Христос Бог,* що дає світові велику милість.

Тропар, глас 1: Пустинним жителем, і в тілі ангелом,* і чудотворцем показав ти себе,* богоносний отче наш Іване;* постом, чуванням, молитвою небесні дарування прийнявши,* зціляєш недужих і душі, що з вірою прибігають до тебе.* Слава тому, що дав тобі кріпость,* слава тому, що вінчав тебе,* слава тому, що дає тобою всім зцілення.

Слава: І нині: Кондак, глас 4: На висоті правдивої повздержности* Господь тебе поставив як звізду необманну,* що просвічує світокраї,* наставнику Іване, отче наш.

Прокімен, глас 4: Які величні діла Твої, Господи! Все премудрістю сотворив Ти. *Стих:* Благослови, душе моя, Господа! Господи, Боже мій, Ти вельми великий.

Прокімен, глас 7: Восхваляться преподобні у славі, і возрадуються на ложах своїх.

Апостол - Євр. 6:13-20 - До Євреїв послання Святого Апостола Павла читання: Браття і сестри, коли Бог учиняв Авраамові обітницю, не маючи поклястися ніким вищим, то поклявся самим собою, кажучи: "Справді поблагословлю тебе щедро й розмножу тебе вельми." І він, завдяки довгій терпеливості, осягнув обітницю: люди клянуться більшим від себе, і всякі їхні суперечки кінчаються клятвою на ствердження. Тому й Бог, бажаючи дати спадкоємцям обітниці якнайсильніший доказ, що його рішення непорушне, вжив клятви, щоб двома незмінними речами, в яких неможливо, щоб Бог казав неправду, ми мали сильну заохоту – ми, що прибігли прийняти надію, призначену нам. В ньому маємо, неначе якір душі, безпечний та міцний, що входить аж до середини за завісу, куди ввійшов за нас, як предтеча, Ісус, ставши архиєреєм повіки, на зразок Мелхиседека.

Алилуя, глас 4: *Стух:* Натягни лук і наступай, і пануй істини ради, лагідности і справедливости. *Стух:* Ти полюбив правду і зненавидів беззаконня.

Євангеліє - Марк 9:17-31 - У той час один чоловік прийшов до Ісуса і, кланяючись, йому сказав: "Учителю, привів я до тебе сина мого, що має німого духа, і де тільки його вхопить, кидає його об землю так, що піниться, скрегоче зубами, дерев'яніє. Просив я учнів твоїх, щоб його вигнали, та не змогли." Він же у відповідь каже їм: "О роде невірний! Доки я буду з вами? Доки вас терпітиму? Приведіть но його до мене." І привели його до нього. Скоро дух угледів його, притьмом того затряс, і повалившись той на землю, запінившись, почав качатися. Спитав же його батька: "Скільки часу, як це йому сталося?" – "З дитинства", – відповів той. "І часто він кидає його у вогонь і в воду, щоб його погубити. Та якщо можеш, поможи нам, змилосердившись над ним." Ісус же каже йому: "Щодо того – якщо можеш – то все можливо тому, хто вірує." І вмить батько хлопчини викрикнув крізь сльози: "Вірю, поможи моєму невірству!" Ісус же, бачивши, що збігається народ, погрозив нечистому духові, кажучи: "Німий та глухий душе! Наказую тобі: Вийди з нього й не входи більше в нього." І, закричавши та сильно його стрясши, вийшов з нього. І наче змертвів той, тож многі казали: "Вмер він." Але Ісус, узявши його за руку, підвів його, і той устав. Коли ж увійшов у дім, то учні його питали його насамоті: "Чому ми не могли його вигнати?" Він відповів їм: "Цей рід нічим не можна вигнати, тільки молитвою та постом." Вийшовши звідти, проходили крізь Галилею, і він не хотів, щоб будь-хто знав. Навчав бо своїх учнів і казав їм: "Син Чоловічий буде виданий у руки людям, і вб'ють його, і, вбитий, по трьох днях, воскресне."

Замість "Достойно" співаємо: Тобою радується, Благодатная, всяка твар, ангельський собор і чоловічеський рід, о священний храме і раю словесний, дівственна похвало, що із неї Бог воплотився і младенцем став, перед віками сущий Бог наш. Лоно бо твоє престолом сотворив і утробу твою просторішою небес учинив. Тобою радується, Благодатная, всяка твар, слава тобі.

Причасний: Хваліте Господа з небес,* хваліте Його на висотах. В пам'ять вічну буде праведник,* злих слухів не убоїться. Алилуя, Алилуя, Алилуя.

Молитва По Святім Причастю: Тайнственно удостоївшись бути причасником Твого пречистого тіла і чесної крові, Христе Боже, оспівую і благословлю, поклоняюся, і славлю, і величаю спасіння Твої, Господи, нині і повсякчас, і на віки вічні. Амінь. *(більше Молитов По Святім Причастю на ст. 80-87 в маленькій книжечці “Божественна Літургія”).*

ANNOUNCEMENTS



◆ **NATIONAL HOLODOMOR (GENOCIDE) AWARENESS TOUR** will begin its cross-country tour in Victoria: Sunday, March 31 at St. Nicholas church @ 10:00 - 1:30 PM; Monday, April 1 in front of the BC Legislature and is open to the public @ 8:30 - 5:00 PM; Tuesday, April 2 at the Ukrainian Cultural Centre @ 3:30 - 7:00 PM. This awareness tour is a project of the Canada-Ukraine Foundation to raise awareness about the Holodomor, the genocidal famine carried out by the Soviet

Union, under Joseph Stalin in 1932-33 that resulted in the deaths of millions of Ukrainians. The tour will continue with classroom presentations on Tuesday at Victoria High School and St. Andrew's Catholic High School. On Wednesday the tour is again open to the public at the University of Victoria, across from the library. The tour coincides with the nationally proclaimed Genocide Awareness month. For information go to www.holodomortour.ca.

◆ **APPEAL TO UKRAINIAN CATHOLIC YOUTH** (age 16-29). Let your Church hear your voice on these issues: how do you see your membership and participation in the life of our Church, what good do you see in it, why are you a Ukrainian Catholic and why do you want to be a Ukrainian Catholic, what do you expect from your Church? You can address these issues by going to the following link: <https://goo.gl/forms/2EF3oyW2ZiVxBB362> The survey must be completed by March 31 (from April 1 it will no longer be active)

◆ **PARISH LENTEN RETREAT WITH FR. JOE OSTOPOWICH - APRIL 13-14** - join us for two days of spiritual renewal and prayer. **Saturday, Apr. 13** - 6:00pm - Fr. Joe will be hearing confessions; 6:30pm - Vespers; 7:00pm - retreat talk followed by a fellowship. **Sunday, Apr. 14** - 10 am - Divine Liturgy (opportunity for confession). Both the tax collector and the Pharisee made their fair share of mistakes but with one difference; the tax collector came clean and admitted them. The Pharisee, on the other hand, hid his. Very few people like to admit their mistakes. They try to cover them up or blame someone else. It takes strength and character to say, "I blew it and I am sorry. How can I make this better? God doesn't want you to be like the Pharisee, who feels he has no need for repentance. And God doesn't write you off. Rather, God encourages you to practice admitting and taking responsibility.

◆ **SOROKOUSTY:** Lenten Memorial Services for the deceased will be celebrated every Thursday of Lent at the 9:00 AM Divine Liturgy. The books for the deceased are available at the church entrance. Please remember to pray for the deceased members of your family & friends.

◆**PRAYER REQUEST:** Please keep in your prayers GORD HRYHORYSHEN and other members of our parish, our family and friends who are ailing, in hospitals, nursing homes and those who are not able to join actively in their community.

◆**ST. NICHOLAS BOOK STORE:** The Divine Liturgy An Anthology of Worship - **\$25**; “Christ Our Pascha” Catechism of the Ukrainian Catholic Church/“Христос Наша Пасха” Катехизм Української Католицької Церкви - **\$25**; “Sing to Our God” hymn book - **\$15**; Молитовник “Прийдіте Поклонімся” - **\$10**; “The Rosary - The Prayer Rule of the Mother of God in the Ukrainian Catholic Church” - **\$10**.

◆**PARISH CALENDAR OF BIRTHDAYS & ANNIVERSARIES:** If you would like to be included in our Parish Calendar of Birthday and Anniversary celebrations, please put date in our calendar located at the church vestibule. Each week, we will list the names in our parish bulletin so we can celebrate these happy occasions together!

◆**JOIN OUR CHOIR:** Do you enjoy singing? Please consider joining our St Nicholas Parish Choir and remember that we ALWAYS looking for new members! Contact Motria Koropecky for details at [250.658.3051](tel:250.658.3051).

◆**CATECHISM ANNOUNCEMENT:** *"And they were bringing to Him also the infants, in order that He may be touching them; but after the disciples saw it, they rebuked them. But Jesus called them to Himself and said, Let alone the little children to come to Me, and cease hindering them; for of such is the kingdom of God."* We are happy to welcome all children to our St. Nicholas The Wonderworker catechism program. Weekly classes are scheduled Sunday morning during Divine Liturgy. We want your children to learn more about their Catholic faith, sacred scripture, feast days, and religious practices and customs of the Ukrainian Catholic church. If you have any questions, please do not hesitate to contact Marian Chalifoux at [250.507.1005](tel:250.507.1005).

◆**THRIFTY'S PRE-PAID FOOD CARDS** - We all have to buy groceries. Why not have 6% of it returned back to the church at no extra charge! Cards are available in \$100, \$200, and \$500 denominations. Talk to Alec after today's liturgy to pre- order your cards. We need to sell A LOT of them! We encourage you to consider purchasing them for yourselves as gifts too.

◆**BE A STEWARD:** Have you ever wondered what more can you do to help our parish? Here are some suggestions: **Steward of property security**; **Steward of grounds cleaning**; **Steward of cleaning church**; **Steward of church linen**; **Steward of outreach**; **Steward of caring**; **Steward of prayer**; **Steward of service**. Quite often, our homebound or senior members, once active in their younger years, want to find purpose in their senior years. It's not only about doing but about “BEING” present to others. Contact Fr. Yuriy **OR** Darlene DeMerchant for more information. You will be amazed how “BEING” can make a difference.

◆**PARISH LIBRARY:** please visit our parish library and browse through the books on spirituality, church history, iconography, history of the Ukrainians in Canada, children's books

and more... The library is located in the church vestibule. Please use a library book sign out form when borrowing a book.

◆**SUNDAY COFFEE VOLUNTEERS** act as hosts and serve light refreshments following the Sunday morning Divine Liturgy, providing an opportunity for the faithful to socialize with friends and visitors following their shared worship experience. We thank all of our parishioners who kind volunteer to serve refreshments. Whether you are new to the Parish, or are a long-time members, please join us for coffee. Please speak with Robert if you would like to volunteer.

◆**WE SHARE THE AIR:** Please keep it healthy and fragrant free. Someone in this area is scent-sitive. The chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies and other respiratory ailments. PLEASE DO NOT *wear perfume, cologne, lotion, aftershave and other fragrances; *USE unscented personal care products. Be Sensitive to Others. Thank you for your understanding. *St. Nicholas parish.*

◆**MARCH 24, SUNDAY DONATIONS** - Coffee: \$7.30; Vigil lights: \$17.50; Loose collection: \$55.00; Envelope collection: \$592.00; Pre-authorized donations Mar 18 to Mar 24: \$120.00; **TOTAL: \$791.80**

ST. NICHOLAS EASTER FOOD FAIR			
Saturday, April 6, 2019 / 11:00 am - 2:00 pm			
DATE	TASK	TIME	VOLUNTEERS
Tue. Apr. 2	Make & bake babkas	8:30 - 1:30 pm	Need 5-6 volunteers
Wed. Apr. 3	Rib cabbage	10:00 - 11:00 am	Need 3 volunteers
Thu. Apr. 4	Make cabbage rolls	10:00 - 11:30 am	Need 6-7 volunteers
Fri. Apr. 5	Set up tables, package & price, put up signs etc.	9:00 - 4:00 pm	Need 5-6 volunteers
Sat. Apr. 6	FOOD FAIR	8:30 - 4:00 pm	Need 20+ volunteers for set up, sales & clean up
<p>As always your assistance in helping out with food preparation for our Easter Food Fair is much appreciated as this is a major fundraiser for the parish. For more information and to confirm your availability please contact Robert @</p> <p style="text-align: center;">250.386.7872</p>			

LENTEN COLLECTION



Chancery Office Eparchy of New Westminster

To the Faithful of the Eparchy of New Westminster

10 March 2019

Glory to Jesus Christ!

Dear Sisters and Brothers,

We have now completed our first week of the Great Fast. Our Lenten journey towards the celebration of Easter-Pascha has begun – a blessed time of increased prayer, fasting and works of charity.

There are so many different forms of prayer: petition, praise, intercession, thanksgiving. But Lent is a special time to stand before our Heavenly Father as we are, acutely aware of our own sinfulness and inadequacy, yet mindful of His grace. This prayer of contrition, to judge oneself before the Lord, is, in fact, one of the meanings derived from the Hebrew word for prayer, tefillah. Whether together in community during liturgical prayer or privately in the depths of our heart, let us ask our Lord to heal us and to restore our relationship with Him.

Through the practice of Lenten Fasting we can curb and take charge of the desires of the flesh. We know that food is a gift and that is why we say a prayer of blessing before meals. But hunger is a gift as well, especially when we willfully deny ourselves nourishment or some pleasure. I remember when I was a young boy; my Mom would endlessly warn me not to eat candy or chocolate before supper because I would ruin my appetite. Sadly, more often than not, I did not heed her good advice, and would sneak a chocolate or a candy and then just as she warned, I didn't feel like eating the wonderful meal that she had prepared for the family. During Lent our physical hunger is a sign of spiritual hunger. Our empty stomach is an image of us emptying our hearts of self-centeredness, so that we can be filled by God. When we fast or abstain from certain foods, when we deny ourselves certain activities, we are not only preparing our bodily appetites for the Easter feast, but we are also preparing our spirit for the celebration of life everlasting, which He has already prepared for us.

The third element of our Lenten spiritual journey consists in almsgiving or performing acts of charity, the sharing of our time, talents or treasure with those in need wherever they may be--in our own family, our community and neighborhood, or in distant lands. Almsgiving helps us move beyond ourselves and focus on those who are less fortunate, our sisters and brothers in need. Jesus told us that whatever we do to the least among us, we do it unto Him.

I want to encourage you, Dear Sisters and Brothers, to take advantage of this special time of prayer, of fasting, of almsgiving, and invite us all, as members of the Eparchy of New Westminster, to common action. Each year during the Great Fast I have encouraged all to come together as one Eparchial family and support a particular cause. In past years we have supported Caritas Ukraine, the Ukrainian Catholic University in Lviv, etc. This year I would like to ask you to make a donation to CATHOLIC MISSIONS IN CANADA. Founded in 1908, Catholic Missions in Canada, at the time called "The Catholic Church Extension Society of Canada," has come to the aid of isolated missions across our country where a lack of resources makes it impossible to maintain a Catholic presence without outside financial help. In fact, Catholic Missions in Canada came to the financial aid of the first Ukrainian Catholic Bishop in Canada, Blessed Nykyta Budka, who arrived in Canada in 1912. Since that time our Ukrainian Catholic Church has benefited greatly from its financial support. Catholic Missions in Canada has been and continues to be one of our greatest benefactors. Without their help our Eparchy would have a very difficult time providing pastoral ministry to our faithful in British Columbia. Many of our parishes struggle to meet their financial obligations, perhaps to cover costs of property insurance or other running costs, Missions In Canada helps us make up these shortfalls. We receive funding from Catholic Missions in Canada for our annual Eparchial summer Camp, Camp Saint Volodymyr. They have supported the education and formation of some of our Eparchial Clergy. In fact, I am personally indebted to Catholic Missions in Canada. They supported my formation to the priesthood when I was a seminarian!

If I have succeeded in convincing you to make a generous donation this Lent to Catholic Missions in Canada, you can use the special envelopes that will be provided to you. For donations of \$20.00 or more you will also receive a charitable donation receipt. Our Eparchial collection will take place on Sunday 31 March. However, if you are not able to be in church that Sunday, you can use the envelope earlier or even later. All funds collected in the parishes will be forwarded to the Eparchial Chancery Offices and then sent to Catholic Missions in Canada as our Eparchial donation. We will report back to you, so that you can know how much we've collected this year.

Together as an Eparchial Family, let us make this Great Fast a special journey of prayer, fasting and generosity, ever mindful of the blessings of Pascha that await us!

With prayerful best wishes, I remain,

Sincerely yours in the Lord,

+Ken

DIVINE LITURGY OF THE PRE-SANCTIFIED GIFTS

The Divine Liturgy being the banquet of Christ is a festive, joyous, and triumphant celebration. The ancient discipline of the Byzantine Rite did not permit such celebration during the season of Great Fast (*Lent*), this being the time of penance and mourning for sin.

The Church, knowing that Christ is our greatest strength and support during our earthly pilgrimage, allows us to celebrate a communion service on certain days of the Great Fast. This service, called the Liturgy of the Pre-Sanctified Gifts is not a true Divine Liturgy because it contains no consecration of bread and wine into Body and Blood of Christ. The Holy Communion that we receive at a Liturgy of Pre-Sanctified Gifts is the specie of consecrated bread only. Unconsecrated wine is added for reasons of taste and facility in swallowing the Holy Communion.

This special service, a combination of Vespers and communion ritual, is traditionally celebrated on Wednesdays and Fridays of the six weeks of Great Fast, and on Monday, Tuesday, and Wednesday of Holy Week. Its authorship is sometimes attributed to St Gregory Dialogos who prior to becoming Pope of Rome (*St Gregory the Great*) served in Constantinople as a papal envoy. It is more probable that St Gregory merely recorded this ancient Liturgy from oral tradition and on his return to Rome introduced it to the Western Church.

On the prostrations:

As you will notice, there are several times during the Service when we are making the prostrations. If you are not able to make a prostration we encourage you to make a bow at the time when the prostrations are being made. Please, do not feel uncomfortable if you either physically can not or do not want to do this.

How to make prostrations: Prostrations are less awkward and less physically taxing if made in the following manner. Keeping the feet together, bend slightly and fall “lightly” to the floor, onto the hands, positioning them at a comfortable distance in front of the knees (*which touch the ground only after the hands*) to allow one to spring back up to a standing position, after lightly touching the head to the floor. It takes very little practice to master this technique, which requires surprisingly little physical stamina. On those days when prostrations are not to be made, they are replaced by bows at the waist (also known as *metanoias*) at the appropriate times.

How to make a bow at the waist: After making a sign of the Cross, the knees are kept straight while the upper body bends from the waist, and the right hand is extended toward the ground as far as possible.

At other times a simple bow of the head is called for, as, for example, when the priest blesses or when the chalice is brought out. We also make a simple bow with the sign of the Cross whenever we cross in front of the Royal Doors.

Prayer of St Ephrem the Syrian:

It is the main prayer accompanied with three prostrations that we have in the Liturgy of Pre-Sanctified Gifts.

O Lord, and Master of my life, keep from me the spirit of indifference and discouragement, lust of power, and idle chatter. / Господи і Владико життя мого! Духа лінивства, недбайливості, властолюб'я і пустомовства віджени від мене. (Prostration)

Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience, and love. / Духа чистоти, покори, терпеливості й любові даруй мені, слугі твоєму. (Prostration)

O Lord and King, grant me the grace to be aware of my sins and not to judge my brothers and sisters, for You are blessed, now and forever and ever. Amen. / Так, Господи, Царю! Дай мені бачити гріхи мої і не осуджувати брата мого, бо ти благословенний на віки вічні. Амінь. (Prostration)

This beautiful prayer presents all the negative and positive elements of repentance and is a “check list” for our Lenten efforts. Its aim is to free us from some fundamental spiritual diseases which control our life and make it impossible for us even to turn our lives in God’s direction.

INDIFFERENCE is the basic problem. It is a disease that renders us lazy and which convinces us that no changes is possible. It is the root of all sin because “it poisons the spiritual energy at its source.”

DISCOURAGEMENT is the result of indifference. It is a despondency that makes it impossible for man to see anything good or positive. It reduces everything to negativism and pessimism.

LUST OF POWER The previous vices of sloth and faint-heartedness cause our lives to be motivated with a lust of power. When life is seen as of no value but meaningless and empty we are forced “to seek compensation in a radically wrong attitude towards other persons.” If my life is not directed to God and his will, then it becomes selfish and looks for self-satisfaction, self-gratification. “If God is not the Lord and Master of my life, then I become my own Lord and master - the absolute centre of my own world.” I then live to fulfill my needs, my desires, and my ideas. This lust of power is seen as “a fundamental depravity in my relationship to other

beings, a search for their subordination to me... It may certainly result in indifference, contempt, lack of interest, consideration, and respect.

IDLE CHATTER Words have a certain power all their own. Words can uplift and save but also kill. When the word is removed “from its divine origin and purpose, the word becomes idle. It becomes the very agent of sin.

The above four are the obstacles to repentance and need to be removed. However, only God can remove them. The remaining parts of the prayer consider the positive aims of repentance.

WHOLENESS OF BEING The Greek word *sofrosini* may be translated **whole-mindedness**. It means to possess the gift of wholeness as opposed to brokenness which the above vices cause. Christ alone can restore wholeness in us by “restoring in us the true scale of values leading us back to God.”

HUMBLE-MINDEDNESS The first fruit of this wholeness is humility. Humility alone “is capable of truth, of seeing and accepting things as they are and therefore of seeing God’s majesty and goodness and love in everything.”

PATIENCE This virtue is the fruit of the other two. The “fallen’ man is impatient and ready to judge and condemn others. This leads him to have a broken, incomplete and distorted knowledge of everything. “Being indifferent to everyone except himself, he wants life to be successful right here and now.” The closer we come to God the more patient we become and the “more we reflect that infinite respect for all things which is the proper quality of God.”

LOVE This divine gift is the crown of all virtues. Love is the sum total of all our quests. Who truly loves as God wants us to love, will be given in full measures this ultimate gift of all virtues.

The prayer summarizes all of the above and offers the concluding petition: “to see my own errors and not to judge my brother.’ We are called to be very careful of pride. Often even virtues can be turned into pride. The Fathers constantly warn us of the grave dangers of pride and of the subtle forms of false piety; but when we see “our own errors” and “do not judge our brothers” then pride will be destroyed in us.
