



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



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**PASTOR:  
FR. YURIY VYSHNEVSKYY**

~ 1 MARCH 2020 ~  
**SUNDAY OF ORTHODOXY  
НЕДІЛЯ ПРАВОСЛАВ'Я**



The name of this Sunday reflects the great significance which icons possess for the Eastern Church. They are not optional devotional extras, but an integral part of Orthodox faith and devotion. They have a sacramental character, making present to the believer the person or event depicted on them. So the interior of Eastern churches is often covered with icons painted on walls and domed roofs, and there is always an iconostasis, separating the sanctuary from the nave, often with several rows of icons.

Icons are venerated by burning lamps and candles in front of them, by the use of incense and by kissing. But there is a clear doctrinal distinction between the veneration paid to icons and the worship due to God. The former is not only relative, it is in fact paid to the person represented by the icon. This distinction safeguards the veneration of icons from any charge of idolatry.

The theme of the victory of the icons, by its emphasis on the incarnation, points us to the basic Christian truth that the one whose death and resurrection we celebrate at Easter was none other than the Word of God who became human in Jesus Christ.

<b>SUNDAY HYMNS</b>	
OPENING HYMN	With Joy We Keep the Holy Fast pg. 1008 ( <i>Anthology</i> )
COMMUNION HYMN	Страдалъна Мати / The Mournful Mother. pg. 158-159
CLOSING HYMN	With Joy We Keep the Holy Fast pg. 1008 ( <i>Anthology</i> )

<b>SUNDAY &amp; DAILY SCHEDULE</b>		
SUNDAY, Mar. 1	Liturgy - for the Parishioners of St Nicholas Parish	10:00 AM
MONDAY, Mar. 2	FIRST DAY OF LENT	
TUESDAY, Mar. 3	Divine Liturgy for + Yarko Koropecy	9:00 AM
WEDNESDAY, Mar. 4	Divine Liturgy of the Pre-Sanctified Gifts	9:00 AM
THURSDAY, Mar. 5	Divine Liturgy followed by Sorokousty	9:00 AM
FRIDAY, Mar. 6	Divine Liturgy of the Pre-Sanctified Gifts	6:00 PM
SATURDAY, Mar. 7	NO SERVICES	
SUNDAY, Mar. 8	Liturgy - for the Parishioners of St Nicholas Parish	10:00 AM

***NOTE: to request a Liturgy for a special intention, please see Fr. Yuriy to arrange for it!***

<b>SUNDAY EPISTLE READERS</b>			
DATE	READING	UKRAINIAN	ENGLISH
SUNDAY, Mar. 1	Heb. 11:24-32	Liliya Korchynska	Bryan Melnyk
SUNDAY, Mar. 8	Heb. 1:1-2:3	Motria Koropecy	Carol Chapman
SUNDAY, Mar. 15	Heb. 4:14-5:6	Yuliya Pelekhata	Caroline Smudy
SUNDAY, Mar. 22	Heb. 6:13-20	Dmytro Maksymiv	James Bilach

***Thank you, Epistle readers, for your service in proclaiming God's Word!***

<b>PASTORAL MINISTRY &amp; HOLY MYSTERIES</b>	
CONFESSIONS.....	1/2 hour before Liturgy
EUCCHARIST.....	for the sick - any time
BAPTISMS.....	by appointment
MARRIAGES.....	six months notice should be given to the parish priest, and he should be contacted before any other arrangements are made
FUNERALS.....	by appointment
ANOINTING.....	any time
HOSPITAL VISITS.....	any time

*Eparchy of New Westminster~Bishop David Motiuk ~Apostolic Administrator~ [www.nweparchy.ca](http://www.nweparchy.ca)*

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## DIVINE LITURGY PROPERS

*The Divine Liturgy of our Father among the Saints Basil the Great  
An Anthology for Worship: Liturgy - pg. 270-318; propers - pg. 345, 618*

**Troparion, Tone 5:** Let us the faithful acclaim and worship the Word,\* co-eternal with the Father and the Spirit,\* and born of the Virgin for our salvation.\* For He willed to be lifted up on the cross in the flesh, to suffer death\* and to raise the dead by His glorious resurrection.

**Troparion, Tone 2:** We bow before Your most pure image, O kind Lord,\* and beg pardon for our sins, O Christ our God.\* Of Your own will You consented to ascend the Cross in the flesh to free Your handiwork from enslavement to the enemy.\* In thanksgiving we cry aloud to You:\* by coming to save the world, our Saviour, You filled all things with joy.

**Glory: Now: Kontakion, Tone 8:** The uncircumscribed Word of the Father\* became circumscribed when He took flesh of you, O Mother of God,\* and when He restored the divine image to its ancient glory,\* He suffused it with the beauty of God.\* Therefore, confessing our salvation in deed and word,\* we portray it in images.

**Prokeimenon, Tone 4:** Blessed are You, Lord God of our fathers,\* and praised and glorified is Your Name for ever. *Verse:* For You are righteous in everything You have done to us.

**Epistle - Heb. 11:24-26, 32-40, 12:1-2 - A Reading from the Letter of Saint Apostle Paul to Hebrews:** Brothers and sisters, by faith Moses, when he was grown up, refused to be called a son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ to be greater wealth than the treasures of Egypt, for he was looking ahead to the reward. And what more should I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets— who through faith conquered kingdoms, administered justice, obtained promises, shut the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Others were tortured, refusing to accept release, in order to obtain a better resurrection. Others suffered mocking and flogging, and even chains and imprisonment. They were stoned to death, they were sawn in two, they were killed by the sword; they went about in skins of sheep and goats, destitute, persecuted, tormented— of whom the world was not worthy. They wandered in deserts and mountains, and in caves and holes in the ground. Yet all these, though they were commended for their faith, did not receive what was promised, since God had provided something better so that they would not, without us, be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy

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that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

**Alleluia, Tone 4:** *Verse:* Moses and Aaron are among His priests and Samuel among those who call upon His name. *Verse:* They called on the Lord, and He heard them.

**Gospel - John 1:43-51** - At that time Jesus decided to go to Galilee, and he found Philip. And Jesus said to him, "Follow me." Now Philip was from Bethsaida, the town of Andrew and Peter. Philip found Nathanael and told him, "We have found the one about whom Moses wrote in the law, and also the prophets, Jesus, son of Joseph, from Nazareth." But Nathanael said to him, "Can anything good come from Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming toward him and said of him, "Here is a true Israelite. There is no duplicity in him." Nathanael said to him, "How do you know me?" Jesus answered and said to him, "Before Philip called you, I saw you under the fig tree." Nathanael answered him, "Rabbi, you are the Son of God; you are the King of Israel." Jesus answered and said to him, "Do you believe because I told you that I saw you under the fig tree? You will see greater things than this." And he said to him, "Amen, amen, I say to you, you will see the sky opened and the angels of God ascending and descending on the Son of Man."

*Instead of "It is truly..." 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.\* Rejoice in the Lord, O you just;\* praise befits the righteous.\* 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 5:** Рівнобезначальне з Отцем і Духом Слово,\* що від Діви народилося на спасіння наше,\* прославмо, вірні, і поклонімся,\* бо Воно благозволило тілом зійти на хрест\* і смерть перетерпіти, і воскресити померлих\* славним воскресінням Своім.

**Тропар, глас 2:** Пречистому образіві твоєму поклоняємося, благий,\* просячи прощення прогрішень наших. Христе Боже,\* бо волею благоволив еси плоттю зійти на хрест,\* щоб ізбавити тих, що їх створив еси, від неволі ворожої.\* Тому благодарственно кличемо тобі:\* Ти радістю сповнив усе,\* Спасе наш, прийшовши спасти світ.

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**Слава: І Нині: Кондак, глас 8:** Неописанне Слово Отче\* із тебе, Богородице, воплощенням описалося\* і, осквернений образ у давнє зобразивши,\* з божественною добротою з'єднало,\* та, ісповідуючи спасення,\* ділом і словом ми це являємо.

**Прокімен, глас 4:** Благословен еси, Господи, Боже отців наших,\* і хвальне, і прославлене ім'я твоє на віки. Стих: Бо праведний еси в усьому, що сотворив ти нам.

**Апостол - Євр. 11:24-26, 32-40, 12:1-2 - До Євреїв послання Святого Апостола Павла читання:** Браття і сестри, вірою Мойсей, коли був виріс, відрікся зватися сином дочки фараона; волів радше страждати разом з людом Божим, ніж дознавати дочасної гріховної втіхи, бо, дивлячись на нагороду, вважав за більше багатство наругу вибраного народу від скарбів Єгипту. І що ще скажу? Часу не вистане мені, коли заходжуся розповідати про Гедеона, про Варака, про Самсона, про Єфту, про Давида й Самуїла та пророків, що вірою підбили царства, чинили справедливість, обітниць осягнули, загородили пащі левам, силу вогню гасили, вістря меча уникали, ставали сильні, будши недолугі, на війні проявили мужність, наскоки чужинців відбивали. Жінки діставали назад своїх померлих, які воскресали. Інші загинули в муках, відкинувши визволення, щоб осягнути ліпше воскресіння. Інші наруг і бичів зазнали та ще й кайданів і в'язниці; їх каменовано, розрізувано пилою, брано на допити; вони вмирили, мечем забиті; тинялися в овечих та козячих шкурах, збідовані, гноблені, кривджені; вони, яких світ був невартий, блукали пустинями, горами, печерами та земними вертепами. І всі вони, дарма що мали добре засвідчення вірою, не одержали обіцяного, бо Бог зберіг нам щось краще, щоб вони не без нас осягли досконалість. Тому і ми, маючи навколо себе таку велику хмару свідків, відкиньмо всякий тягар і гріх, що так легко обмотує, і біжімо витривало до змагання, що призначене нам, вдивляючися пильно в Ісуса, засновника й завершителя віри, який, замість радості, що перед ним була, витерпів хрест, на сором не звертаючи уваги, і який возсів праворуч Божого престолу.

**Алилуя, глас 4:** Стих: Мойсей і Арон між єреями його і Самуїл між тими, що призивають ім'я його. Стих: Призивали Господа і він вислухав їх.

**Євангеліє - Івана 1:43-51 - У той час вирішив Ісус піти в Галилею; і знайшовши Филипа, мовив до нього: «Іди за мною.» А був Филип з Витсаїди, з міста Андрієвого та Петрового. Зустрів Филип Натанаїла і сказав до нього: «Ми знайшли того, про кого Мойсей у законі писав і пророки, – Ісуса Йосифового сина, з Назарету.» Натанаїл же йому на те: «А що доброго може бути з Назарету?» Мовив до нього Филип: «Прийди та подивися.» Побачивши Ісус, що Натанаїл надходив до нього, сказав про нього: «Ось справжній ізраїльтянин, що нема в ньому лукавства.» Натанаїл же йому: «Звідкіль знаєш мене?» Сказав Ісус, промовивши до нього: «Перше, ніж Филип закликав тебе, бачив я тебе, як був еси під смоковницею.» Відповів же йому Натанаїл: «Учителю, ти – Син Божий, ти – цар Ізраїлів.» Ісус відказав, мовивши до нього: «Тому, що я повідав тобі: Бачив я тебе під смоковницею, – то й віриш! Бачитимеш більше, ніж те.» І сказав до нього: «Істинно,**

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істинно кажу вам: Побачите небеса відкриті, й ангелів Божих, як висходять та сходять на Сина Чоловічого.»

*Замість “Достойно...” співаємо:* Тобою радується, Благодатная, всяка твар, ангельський собор і чоловічеський рід, освященний храм 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. \* Радуйтеся, праведні, у Господі,\* правим належить похвала. Аلیلуя, аلیلуя, аلیلуя.

**Молитва По Святім Причастю:** Таїнственно 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

✦ **BLESSING OF THE ICONS:** today at the end of the Liturgy as we celebrate Sunday of Orthodoxy our Church has a beautiful tradition of blessing the icons. Please, place your icons on the tetrapod where they will be blessed.

✦ **UKRAINIAN SUPPER** on Friday, March 27 at the Ukrainian cultural Centre sponsored by St. Nicholas Ukrainian Catholic church. Supper is from 5-8 pm, public welcome. See below food prep. schedule.

✦ **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.

✦ **PARISH LENTEN RETREAT WITH FR. JIM NAKONECHNY - March 21-22** - join us for two days of spiritual renewal and prayer. **Sat, Mar. 21** - 6:00PM - Fr. Jim will be hearing confessions; 6:30PM - Vespers; 7:00PM - retreat talk followed by a fellowship. **Sun, Mar. 22** - 10AM - Divine Liturgy (opportunity for confession). **Lenten Mission theme:** *Becoming a Healing Presence*. In Psalm 46:10 we read *"Be still, and know that I am God."* Most of us have heard this verse before, but how many of us have reflected upon its true meaning? If I am not still, can I really know God? In today's world the thought of being still can be quite scary for many of us. You mean, no noise, no computers, no i-pads or smartphones? **Yes.** How can we communicate with God if we are constantly in a rush and constantly being bombarded by the

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noise of world around us? We barely have time to pray, but somehow we always have time to look at our phones, watch television and check our emails. The Lord is calling us during this Great and Holy Lent to be still and to enter into the silence of our hearts so that He can speak to us. During this next week purposefully schedule time to sit before an icon and gaze at our Lord in silence. No words, just look at each other. You look at Him and let Him look at you. It may seem awkward at first, but start with baby steps. Try five minutes the first day and then add an extra minute each day. When we find solitude and silence we begin to experience the divine presence of God and that my friends is what we are all called to experience in this lifetime and in the next. Christ loves us so much that He wants to be the core of our lives, so that we may be a reflection of His divine image and become a healing presence to all that we encounter. *"Be still, and know that I am God."*

✦ **BISHOP KEN'S ENTHRONEMENT IN LONDON, APRIL 7:** [https://docs.google.com/forms/d/e/1FAIpQLScjH\\_aqjybB4tRx3EJngRtTvWDOtWrx770LBBjtvr57ybnM8A/viewform?vc=0&c=0&w=1](https://docs.google.com/forms/d/e/1FAIpQLScjH_aqjybB4tRx3EJngRtTvWDOtWrx770LBBjtvr57ybnM8A/viewform?vc=0&c=0&w=1)

✦ **CAMP ST. VOLODYMYR - Aug 16-23, Kelowna BC:** Start planning your summer holidays now! If you are between the ages of 7-15 this is a summer must do! Come join us to celebrate our 37th year of camp for children in our Eparchy! Registration for campers and counsellors will begin in April. Bus transportation available from New Westminster. If you are interested in volunteering please let us know. For more information contact Jennifer Caldwell @ [604.220.0584](mailto:604.220.0584) or [jennsawka@hotmail.com](mailto:jennsawka@hotmail.com)

✦ **PRAYER REQUEST:** Please keep in your prayers SYLVIA KELLY, CHARLOTTE KRAKOWSKI, RICHARD NEWBERRY 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:** "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**.



✦ **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.

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✿ **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).

✿ **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.*

✿ **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

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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."

✿ **FEBRUARY 23 DONATIONS** - Coffee: \$26.10; Vigil lights: \$15.50; Loose collection: \$17.00; Envelope collection: \$749.77; Pre-authorized donations Feb 17 to Feb 23: \$185.00 **TOTAL: \$993.37**. May God bless and reward you abundantly for your generosity!



✿ **PLEASE DONATE ONLINE** to St. Nicholas Parish using this link: [www.canadahelps.org/en/dn/45460](http://www.canadahelps.org/en/dn/45460)

## **SUNDAY OF ORTHODOXY**

The veneration of the Holy Icons is based on our belief in the incarnation of the Son of God, and on our understanding of salvation for the Holy Mother of God and the saints. In the Incarnation, God did not simply speak to us, or come to us intellectually; God became one of us.

The human nature and the divine nature of Jesus Christ, Who is always One unique person, are never separated. Instead, human nature is *redeemed* by Christ's assumption of that human nature. When Jesus Christ ascended into Heaven, He did not leave His human nature behind; He brought that redeemed human nature with Him, and thus accomplished the plan of our redemption. Thus it became right, appropriate, and necessary to venerate the humanity of Our Lord Jesus Christ. Likewise with the Blessed Mother of God and all the saints. To be a saint means that a Christian gains such holiness, such deep union with God, that the image of God in that person, given at creation, shines in and through that person without distortion. In venerating the icons of the saints, then, we venerate the image of God in the saints.

So we venerate the Holy Icons; we love them and we take pride in them. In the twentieth century there has been a remarkable revival of good iconography. Authentic icons are a powerful means of preaching the Gospel, of elevating our souls to God. Of course we wish to have the best icons in our churches, but icons should also be present in our homes. Every family can surely have at least one fine, hand-painted icon, in a place of honour, expressing our faith and reminding us of God's protecting love. Naturally we venerate and enjoy the holy icons throughout the year. But Sunday of Orthodoxy is a day when we remember this in a special way.

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## **CHRISTIANS WITH HUMILITY, NOT GRAND TITLES, ARE THE GREATEST ONES**

The most important members of the Catholic Church are not the ones who hold lofty titles and high positions but rather those who humbly serve others, Pope Francis said.

"Who is the most important person in the church? The pope, the bishops, the monsignors, the cardinals, the pastors of the most beautiful parishes, the presidents of the lay associations?" the pope asked in his homily.

"No! The greatest one in the church is the one who becomes a servant for all, one who serves everyone, not the one who has the most titles," he said.

The pope reflected on the first reading from the Letter of James in which the apostle warns that "whoever wants to be a lover of the world makes himself an enemy of God."

A person, especially a Christian, who falls prey to worldliness and wants to be more important than others, lives a life "that always seeks to make compromises in order to climb higher, to dominate, to be greater," he said.

That worldly spirit that seeks to gain "more money and more power" leads to the wickedness of gossip, the pope added.

"Where does it come from? From envy; the envious one is the devil, we know that, the Bible says it," he said. "Evil entered the world due to the devil's envy. Envy is a seed that pushes you to destroy, to speak ill, to annihilate the other."

He also recalled the day's Gospel reading from Mark in which Jesus, addressing the disciples' earlier quarrel over who was the greatest among them, said, "If anyone wishes to be first, he shall be the last of all and the servant of all."

Christians, Francis said, are called to follow the path laid out by Jesus and be humble servants of all.

"This is the path," the pope said. "The path against the spirit of the world is one: humility. Serving others, choosing the last place, to not climb."

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## PRAYER OF SAINT EPHRAEM THE SYRIAN



○ 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*)

○ 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*)

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**~ UKRAINIAN DINNER at the Cultural Centre ~**  
**Friday, March 27** **5PM - 8PM**

<b>DATE</b>	<b>TASK</b>	<b>TIME</b>	<b>VOLUNTEERS</b>
<b>Tue. Mar. 3</b>	Peel potatoes & shred cheese	8:30 - 10:30 am	Need 3-4 volunteers
	Cook potatoes, make pyrohy filling	10am - 2pm	Need 2 volunteers
<b>Wed. Mar. 4</b>	Make potato balls	8:30am - 12 noon	Need 7-8 volunteers
	Make dough for pyrohy	10am - 2:30pm	Need 2 volunteers
<b>Thu. Mar. 5</b>	Make pyrohy	8:30 am - 1:30 pm	Need 25+ volunteers; lunch served
<b>Sat. Mar. 7</b>	Bag frozen pyrohy	9am - 11am	Need 3 volunteers
<b>Tue. Mar. 10</b>	Steam cabbage (at Ukr. centre)	12 noon - 3pm	Need 2 volunteers
<b>Thu. Mar. 12</b>	Rib/freeze cabbage leaves	8:30 - 11:30 am	Need 6-7 volunteers
<b>Wed. Mar. 25</b>	Prep. veggies for borscht; cook rice	10am - 2pm	Need 4 volunteers
<b>Thu. Mar. 26</b>	Make cabbage rolls	9am - 12 noon	Need 10-12 volunteers; lunch served
	Set up for dinner at Ukr. Cultural centre	2pm - 4:30pm	Need 4 volunteers
<b>Fri. Mar. 27</b>	Ukrainian Dinner at the Ukr. Cultural Centre	12 noon - 9:30 pm	Need 25-30 volunteers;
	some working in shifts of 2-3 hours) beginning with setting up take out area, prepping the condiments (coleslaw/sour cream), setting up dessert/coffee/tea area, selling dinner tickets, serving food (kitchen and take out), bussing tables, washing dishes, and final clean up.		