



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



Hall: 250.384.2255

Church: 250.384.2292

Emergency: 250.891.4507

www.stnicholasparish.org

st.nicholas.victoria@gmail.com

facebook.com/stnicholasvictoria

112 Caledonia Ave, Victoria, BC
V8T 1G1

**PASTOR:
FR. YURIY VYSHNEVSKYY**

**~ 15 MARCH 2020 ~
VENERATION OF THE HOLY CROSS
ХРЕСТОПОКЛІННА НЕДІЛЯ**



The Third Sunday of Lent is that of the Veneration of the Cross. The cross stands in the midst of the church in the middle of the lenten season not merely to remind us of Christ's redemption and to keep before us the goal of our efforts, but also to be venerated as that reality by which we must live to be saved.

He who does not take up his cross and follow me is not worthy of me. (Mt.10:38)

For in the Cross of Christ Crucified lies both "the power of God and the wisdom of God" for those being saved. (1 Cor.1:24)

**To Your Cross, O Master, we bow in
veneration, and we glorify Your holy
Resurrection!**

**Хресту Твоєму поклоняємось,
Владико, і святеє воскресіння Твоє
славимо!**

SUNDAY HYMNS	
OPENING HYMN	With Joy We Keep the Holy Fast pg. 1008 (<i>Anthology</i>)
COMMUNION HYMN	Під Хрест Твій Стаю / O Savior and Lord pg. 154-155
CLOSING HYMN	Витай Нам Хресте / We Sing Your Praises pg. 4-5

SUNDAY & DAILY SCHEDULE		
SUNDAY, Mar. 15	Liturgy - for the Parishioners of St Nicholas Parish	10:00 AM
MONDAY, Mar. 16	NO SERVICES	
TUESDAY, Mar. 17	Stations of the Cross	9:00 AM
WEDNESDAY, Mar. 18	Divine Liturgy of the Pre-Sanctified Gifts	9:00 AM
THURSDAY, Mar. 19	Divine Liturgy followed by Sorokousty	9:00 AM
FRIDAY, Mar. 20	NO SERVICES	
SATURDAY, Mar. 21	Vespers	6:00 PM
SUNDAY, Mar. 22	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!

SUNDAY EPISTLE READERS			
DATE	READING	UKRAINIAN	ENGLISH
SUNDAY, Mar. 15	Heb. 4:14-5:6	Yuliya Pelekhata	Caroline Smudy
SUNDAY, Mar. 22	Heb. 6:13-20	Dmytro Maksymiv	James Bilach
SUNDAY, Mar. 29	Heb. 9:11-14	Kateryna Yaremyn	Darryl Huculak
SUNDAY, Apr. 5	Phil. 4: 4-9	Liliia Palyvoda	Graciela Spaciuk-Schwarz

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

PASTORAL MINISTRY & HOLY MYSTERIES	
CONFESSIONS.....	1/2 hour before Liturgy
EUCHARIST.....	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

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. 353, 625

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 1: Save Your people, O Lord, and bless Your inheritance.* Grant victory to Your faithful people against enemies,* and protect Your community by Your cross.

Glory: Now: Kontakion, Tone 7: No longer does the flaming sword guard the gate of Eden;* the tree of the Cross has quenched its flames gloriously.* The sting of death and the victory of Hades are banished,* and You O my Saviour came and called to those in Hades: "Return again to Paradise!"

Instead of "Holy God, ..." we sing: To Your Cross, O Master,* we bow in veneration,* and we glorify Your holy Resurrection!

Prokeimenon, Tone 6: Save Your people, O Lord, and bless Your inheritance. *Verse:* Unto You I will cry, O Lord my God, lest You turn from me in silence.

Epistle - Heb 4:14-5:6 - A reading from the letter of St. Paul to the Hebrews: Brothers and sisters, since, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need. Every high priest chosen from among mortals is put in charge of things pertaining to God on their behalf, to offer gifts and sacrifices for sins. He is able to deal gently with the ignorant and wayward, since he himself is subject to weakness; and because of this he must offer sacrifice for his own sins as well as for those of the people. And one does not presume to take this honour, but takes it only when called by God, just as Aaron was. So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, 'You are my Son, today I have begotten you'; as he says also in another place, 'You are a priest for ever, according to the order of Melchizedek.'

Alleluia, Tone 8: *Verse:* Remember Your congregation which You acquired from the beginning. *Verse:* But God is our king before the ages; He has wrought salvation in the midst of the earth.

Gospel - Mark 8:34-9:1 - The Lord said: "Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever

loses his life for my sake and that of the gospel will save it. What profit is there for one to gain the whole world and forfeit his life? What could one give in exchange for his life? Whoever is ashamed of me and of my words in this faithless and sinful generation, the Son of Man will be ashamed of when he comes in his Father's glory with the holy angels." He also said to them, "Amen, I say to you, there are some standing here who will not taste death until they see that the kingdom of God has come in power."

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: Let the light of Your countenance, O Lord* shine upon us.* 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 7: Знищив Ти хрестом Твоїм смерть,* відчинив розбійникові рай,* мироносицям плач на радість перемінив* і апостолам звелів проповідувати,* що воскрес Ти, Христе Боже,* даючи світові велику милість.

Тропар, глас 1: Спаси, Господи, людей Твоїх* і благослови спадкоємство Твоє!* Дай перемогу благовірному народові над супротивниками* і хрестом Твоїм охорони люд Твій.

Слава: І нині: Кондак, глас 7: Вже полум'яне оружжя не охороняє врат едемських,* на нього бо прийшло преславне погашення – Древо хресне;* смерти жало і адову перемогу прогнано,* і став ти, Спасе мій, перед тими, що в аді,* кличучи: Увійдіть знову в рай.

Замість "Трисвятого" ми співаємо: Хресту Твоєму поклоняємось, Владико, і святеє воскресіння Твоє славимо!

Прокімен, глас 6: Спаси, Господи, * людей Твоїх * і благослови спадкоємство Твоє. *Стих:* До Тебе, Господи, взиватиму; Боже мій, не відвертайсь мовчки від мене.

Апостол - Євр. 4:14-5:6 - До Євреїв послання Святого Апостола Павла читання: Браття і сестри, маючи велючого Архиєрея, що пройшов небеса, Ісуса Сина Божого, держімся ісповідання. Бо не маємо Архиєрея, що не міг би співчувати нашим немочам, але

подібно спокушеного в усьому, крім гріха. Приступаймо, отже, з сміливістю до престола благодаті, щоб отримати милість і знайти благодать на своєчасну поміч. Кожен бо первосвященик, узятий з-поміж людей, поставляється на служби Богові, щоб приносив дари та жертви за гріхи, що міг би співчувати невіжам і заблудам, бо він і сам обложений неміччю. І задля цього він повинен як за людей, так і за себе принести за гріхи. І ніхто сам для себе не приймає чести, але званий Богом, як і Арон. Так і Христос не сам себе прославив, щоб стати первосвящеником, але той, хто глаголав до нього: Син мій єси ти, я днесь родив тебе. Як і деінде говорить: Ти єси священик навіки, по чину Мелхиседековім.

Алилуя, глас 8: *Стих:* Пом'яни соньм твій, що його придбав ти іздавна. *Стих:* Бог же цар наш перше віку, вчинив спасення посеред землі.

Євангеліє - Марко 8:34-9:1 - Сказав Господь: "Коли хтось хоче йти за мною, хай зречеться себе самого, візьме на себе хрест свій і йде слідом за мною. Бо хто хоче спасти свою душу, той її погубить; а хто погубить свою душу мене ради та Євангелії, той її спасе. Бо яка користь людині здобути світ увесь, а занепасти свою душу? Що бо людина може дати взамін за власну душу? Хто, отже, буде соромитися мене й моїх слів перед цим родом перелюбним та грішним, того посоромиться і Син Чоловічий, коли прийде у славі Отця свого з святими ангелами." І сказав їм: "Істинно кажу вам: Є деякі з отут присутніх, що не зазнають смерти, аж поки не вздріють Царства Божого, що прийде у могутності."

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

Причасний: Знаменувалося на нас світло лица твого, Господи. * Алилуя, Алилуя, Алилуя.

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

✿ **HAPPY BIRTHDAY** to JOHN HEINTZELMAN and all those who celebrated their birthdays this past week. May the Lord Our God continue to bless you abundantly and the Holy Mother of God protects you at all times. Многая Літа!

✿ **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***. To become a healing presence to everyone around us we must prepare to live a life of **SURRENDER**. The word surrender is often interpreted in the world as weakness, giving up or losing, but the spiritual meaning is actually quite opposite. To surrender in the Christian sense is actually a sign of strength and victory. How can that be? Well, consider this, "*If I put all things in God's hands, I will see God's hands in all things.*" It takes a great deal of spiritual maturity to be able to : Let go and let God. We are comfortable when we are in control, when we know what is going to happen. The Gospel tells us: "*For whoever wishes to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it.*" How many of us are actually will to live this message fully? It is a tough one, but little by little we must trust in the Lord as the Master of our lives. He created us. He loves us and He wants us to be in love with Him. When we begin to surrender everything to God on a daily basis He will not abandon us, but will continually guide us, but we everything in His hands. May our Lord give us the grace to surrender so that we see Him more and more in our daily lives.

✿ **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.

✿ **BISHOP KEN'S ENTHRONEMENT IN LONDON, APRIL 7:** https://docs.google.com/forms/d/e/1FAIpQLScjH_aqjybB4tRx3EJngRtTvWDOtWrx770LBBjtvr7ybnM8A/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 or 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**.

✿ **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.*

✦ **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."

✦ **MARCH 8 DONATIONS** - Coffee: \$39.80; Vigil lights: \$19.50; Loose collection: \$21.30; Envelope collection: \$803.00; Pre-authorized donations Mar 2 to Mar 8: \$335.00 **TOTAL: \$1,218.60.** May God bless and reward you abundantly for your generosity!



✦ **DONATE ONLINE** to St. Nicholas parish:
www.canadahelps.org/en/dn/45460

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 твого. (*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*)

VENERATION OF THE HOLY CROSS

Not only the Third Sunday of Great Lent, but the week that follows, are devoted to welcoming the Precious Cross of Christ. This adoration of the Cross does not have a penitential character, but rather the opposite: “through the Cross joy has come to the whole world.” Having reached the midpoint of Lent we take refreshment, as though at a spiritual oasis, in the shade of the Cross, which is the banner and emblem of Christ’s victory. The Cross is a sign of our joy in Christ’s triumph. The liturgical texts express this joy; all the hymns in praise of the Cross have a victorious note to them.

For us Christians, the Cross of Christ is our boast! Saint Paul said, “God forbid that I should boast, except in the Cross of Our Lord Jesus Christ.” To show our pride in the Cross we bring out the Cross into the church for veneration and we adorn the precious Cross with flowers. Thus we express our faith that what might have seemed to be the “dead wood” of the cross became the bearer of Life. Dry wood is highly inflammable, yet in the Kontakion we sing that:

“... no longer does the flaming sword guard the gates of Eden, for in a strange and glorious way, the Wood of the Cross has put out its flames, and My Saviour, You have stood on the Cross and called out to those in hell: ‘enter again into Paradise.’”

The precious Cross remains in the nave of the church for veneration throughout the week, until Friday. Most of us are not able to come to church each day, but of course we can all pray at home. So during this week, as we pray at home be sure to kiss the cross and pray at least “To Your Cross, O Master, we bow in veneration, and we glorify Your holy Resurrection!” Thus we keep the joy of the Cross throughout the week, and we strengthen the link between the family and the church.

RESPONDING TO THE CORONAVIRUS



12 March 2020

To the Clergy and the Faithful of the Eparchy of New Westminster,

CIX!

Many of our parishioners are understandably concerned about the spread of the Coronavirus. We want to assure them of steps we are taking in our parishes to provide a sense of health and well-being so that their spiritual needs continue to be met, and that they may grow in their relationship with God, especially during Great Lent.

All liturgical services will continue to be celebrated publicly. However, we will follow closely the advice and directives from medical experts and government officials in Canada should they prescribe otherwise.

By way of responding to the Coronavirus Disease, the following liturgical norms can be helpful in protecting ourselves and family from COVID-19:

- Wash your hands often and well.
- Avoid touching your face, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Clean and disinfect surfaces that are frequently touched.
- Stay at home and away from others (particularly the elderly as they are most vulnerable) if you are feeling ill.
- When sick, cover your cough and sneezes with a sleeve or tissue and then wash your hands.
- Upon entering and exiting the Church, wash your hands with provided antibacterial hand sanitizers.
- Holy Water fonts (where they exist) at the entrance of the Church have been removed.
- Refrain from kissing icons and hand crosses.
- Offer the Kiss of Peace at the Divine Liturgy by simply bowing to each other.

For up to date information on the Corona virus, visit reliable sources, for example, Ministry of Health – British Columbia and Public Health Agency of Canada.

Let us do what we do best as the people of God, let us pray:

Prayer During the Coronavirus Outbreak

Lord, Our God,
We thank you for the life that is your gift,
For the providence that sustains us,
And for your wisdom that directs the course of our days.
The threat of an infection of coronavirus is upon us today.
This disease causes fear among us and has claimed lives.
We humbly beg you, loving Lord,
Dispel our fear and deliver us from this and other diseases.
Heal those who are afflicted and stop the spread of the virus.
Strengthen us in charity to care for one another.
For You are a God of mercy, kindness, and love, and we glorify You

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Father, Son, and Holy Spirit, now and for ever and ever. Amen.

God bless!

Bishop David

| <b>~ UKRAINIAN FOOD SALE ~</b> |                                      |               |                                     |
|--------------------------------|--------------------------------------|---------------|-------------------------------------|
| <b>DATE</b>                    | <b>TASK</b>                          | <b>TIME</b>   | <b>VOLUNTEERS</b>                   |
| <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 |

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