



THE CATHOLIC PARISH OF THE DORMITION

OF THE MOST HOLY MOTHER OF GOD

Парафія Успіння Пресв. Богородиці

A PARISH OF THE UKRAINIAN CATHOLIC EPARCHY OF EDMONTON

Address:

15608 -104 Avenue,
Edmonton, AB
T5P 4G5

Services:

Sunday Divine Liturgy
(Ukr & Eng) at 10 am
& Melkite (Arabic) D.L.
at 2 pm

Akathist or Molebyn
Most Wednesdays at 6 pm
(see calendar)

Parish Website:

<http://dormition.eeparchy.com>

Twitter:

@dormitionparish

[https://twitter.com/
dormitionparish](https://twitter.com/dormitionparish)

Eparchial Website:

www.eeparchy.com

Pastor:

Fr. Bo Nahachewsky

Fr. Bo's cell phone:

780-340-FR.BO (3726)

Fr. Bo's Email:

fr.bo.nahachewsky
@gmail.com

Sunday, February 23rd, 2020

Cheesefare (Forgiveness) Sunday, Tone 4; The First and Second Finding of the Precious Head of the Holy, Glorious Prophet and Forerunner John the Baptist



Today after Divine Liturgy we will have both a **pancake breakfast** and our **parish's Annual General Meeting**. At the meeting we will be electing our parish's PPC (Parish Pastoral Council). This council is responsible for giving council to the Pastor (Fr. Bo: who is

assigned by the Bishop) so that he can run the parish to the best of his ability, and we will review and accept the financial statements from 2019. The proposed slate for the 2020 PPC that might be elected at this meeting can be found in the "Parish News" section of this bulletin. As always nominations can be raised from the floor as well.

After the AGM the new PPC will meet for a few minutes to decide when they can have regular meetings. This council will also be installed before the Altar and the community on the following Sunday (March 1) after the Divine Liturgy.



Bishop David has evoked an Eparchial Sobor on "Global Unity and the Ukrainian Catholic Church" to be held in three locations in our Eparchy. Our Edmonton Deanery's Sobor will take place on Monday, March 16 at Holy Cross Parish. Our parish has been requested to send 5 or 6 delegates. These delegates will be chosen from amongst the soon to be elected new Parish Pastoral Council or be will be delegated by them.

Great Lent is practically upon us.

This year it begins on Feb 24. During this time we are encouraged to take forty days to prepare ourselves, and our families, so as to be spiritually ready, and worthy to celebrate and worship the Resurrection—

April 12. We are encouraged to fast, to pray more and practice intentional charity. Here are some resources and suggestions which can help guide us in our journey.



continued on next page...

Strive to Increase Prayer, Fasting and Almsgiving:

- Almsgiving, along with prayer and fasting make up the three-legged stool, which holds us up in our Lenten journey. These three when practiced together help to open our hearts to the Lord, so we may be touched by divine grace.
- It is a beautiful and encouraged practice to set aside the money we save from fasting during Great Lent. The money saved by not going out for lunch or supper, eating simpler and less each day can be set aside and at the end of the journey can be donated to the hungry or those in need.
- You can also increase your giving at your parish either in general or for a special project.
- Strive not to bargain with yourself on how to keep Great Lent, but at the same time speak with your spouse, children and parish priest about your expectations and decide as a family what you will do.
- Make your Lenten practice a sacrifice, an offering to God, by giving yourself time to pray and to listen for Him. Give yourself a few minutes to read the Holy Scriptures and contemplate the coming day before setting off to work and school.
- Read the lives of the saints, the Psalter (psalms), or a book on prayer. There is some suggested Lenten reading material down below.

Attend as Many of the Liturgical Services as Possible:

- Get the calendar of your local parish and plan to attend the services as a family.
- Start your Lenten journey on the right foot with forgiveness. Some parishes will offer Forgiveness Vespers, on the evening of Cheesefare Sunday, or will attach the forgiveness service to the end of the Sunday Divine Liturgy. It is a good practice to call family, friends and those who we may have offended and ask forgiveness.
- Attend the Canon of St. Andrew during clean week. It is a beautiful service focused on moving us to repentance and it involves our whole body.
- Normally the Divine Liturgy is not served during weekdays of Great Lent, so the Church offers the Liturgy of Presanctified Gifts. It offers us an opportunity to be strengthened and nourished by the Holy Eucharist as we travel through our Lenten journey.
- If your parish offers Vespers on Saturday evening try to make an effort to attend and bring your children as well.

Make a Good Confession:

- Take time to thoroughly examine your heart and soul. Here is a helpful guide as we face our conscience:
 - [PDF – Examination of Conscience – Adults](#)
 - [PDF – Examination of Conscience – Youth and Young Adults](#)
 - [PDF – Examination of Conscience – Children](#)

Other Suggestions:

- If possible, turn off the television for all of Great Lent. If you can't do that, keep it off during the weekdays. Or limit yourself to watching a family movie together on Sunday afternoon with the kids.
- Set a limit on the amount of time you will spend in front of a screen and the internet each day outside of work—this includes smartphones also. If you feel that you are a slave to your phone set a limit on how many times a day you will check it.
- Take a break from Facebook. It can be a useful communication tool, but can also quickly become a time waster.
- Turn off the radio in the car during your commute and enjoy the quiet and say the Jesus Prayer.
- Renew or start a new hobby. Hobbies or crafts can help us feel inspired, keep our hands busy and give us an opportunity for a break.
- Set aside time solely for family time:
 - Eat dinner together.
 - Attend church services together.
 - Play board games together.
 - Sit together and read out loud the Holy Scripture and other edifying books.

Suggested Readings for Great Lent:

- *The Holy Bible:* If you can only read one book during Great Lent it should be the Holy Scriptures. Follow the [Church calendar](#) for the daily readings.

Note all the links in this document can be found by going to either our Website: DORMITION.EEPARCHY.COM or the Eparchial Website EEPARCHY.COM and reading this document there.

- *The Lenten Triodion*: This book gives all the changeable parts for every prayer service in Great Lent. It is filled with wonderful prayers and meditations.
 - [PDF – What is the Triodion?](#)
- *Daily Synaxarion Readings*. Get to know the saints by reading their life story. The Melkite Eastern Catholic Church offers a short daily life of the saints at: www.rongolini.com/synaxariontoc.htm
- *Great Lent* by Alexander Schmemmann: A deep reflection on the meaning and purpose of Great Lent. Worth reading often to remind us about the purpose of Lent.
- *On Repentance and Almsgiving & On Living Simply* by St John Chrysostom (347-407). St John has much to say to us about family life, marriage, and how we as Christians are to conduct our selves. His teaching is timeless and relevant even in the 21st century. Both books are a worthy read during Great Lent.
- *Beginning to Pray & Living Prayer*, by Metropolitan Anthony Bloom. These little books on prayer have helped many Christians move from “saying prayers” to actually praying.
- [PDF – Sunday Readings and Activities for Families During Lent](#): This is a small little reminder of the weekly themes of the Pre-Lenten and Lenten Sundays. It includes little suggestions on how to put these themes into practice.
- [PDF – Great Lent at Home \(Family Activity Book\)](#): This activity book gives beautiful short daily Lenten reflections for individuals and families alike.
- [PDF – Vegetable Soup Recipe](#): A basic soup recipe for strict fasting days.

Lenten Activities for Busy Families:

This resource is designed to help families to reflect on The Great Fast (Lent) and decide together on what they will do differently to observe this time of the liturgical year.

[PDF – Activity Our Lenten Calendar](#)

[PDF – Almsgiving](#)

[PDF – Little Lenten Living Boxes](#)

[PDF – Take Time](#)

[PDF – Great Fast Plans for Busy Families Whole Family Catechesis Session Leader Guide](#)

Other Resources:

Eastern Hospitality: Food & Faith Throughout the Church Year!



This is an Eastern Catholic online cooking show hosted by Fr. Moses and Mother Gabriella. It follows the Traditional cycle of the Liturgical Year which takes us through periods of preparation (fasting) and celebrating (feasting). New episodes will be released this coming Great Lent.

Facebook: <https://www.facebook.com/easternhospitality/>

Vimeo: <https://vimeo.com/channels/easternhospitality>

Website: <http://www.easternhospitality.org>

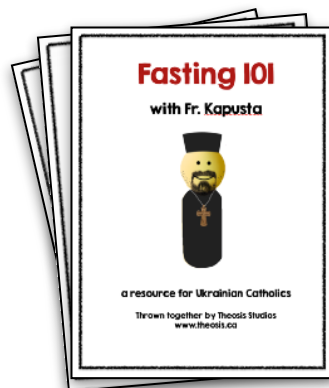
[Fr. Moses Shares his Thoughts on Fasting](#)

Soroko-ooste

Five times a year the church commemorates all the deceased. It is traditional to say a panachyda and read out all the names of our deceased parishioners and family members. Three of the five “All Souls Saturdays” fall during Lent.

If you would like to update your list of family members, or if you have never given a list, please see Helen, Greg, Donna or Fr. Bo.

The first of these “Soroko-ooste” services that we will do will take place after the Presanctified Liturgy on March 6, then again on March 13 & 20.



Want to learn about fasting?

Pick up one of the “Fasting 101” booklets that Fr. Bo put together and find out all sorts of stuff about it. They are available next to the parish bulletins and online on our parish website.

Do you want to understand the Lenten season better?

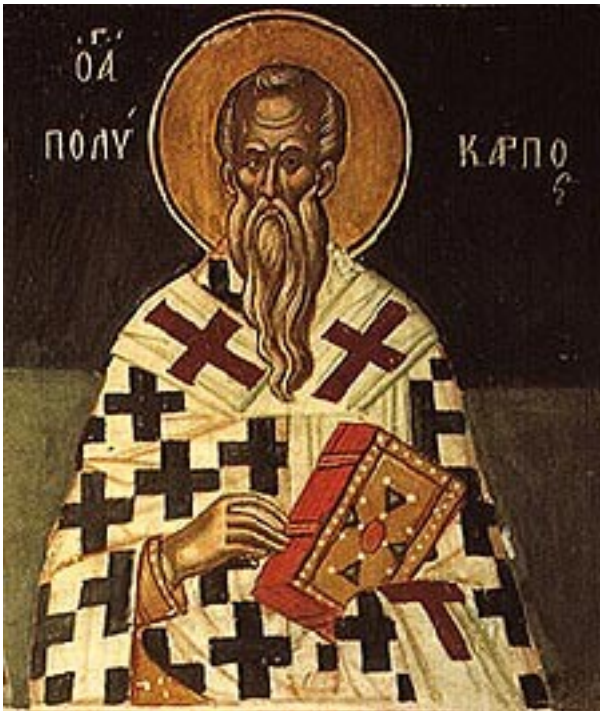
In our hall I have put up both my old and new versions of “Our Journey to Pascha and Beyond” This display explains the entire church seasons from Pre-Lent, through the Great Fast, Holy Week, Easter, and everything up to Pentecost. Check it out.

Sunday of Cheesefare: the Expulsion of Adam from Paradise

As we begin the Great Fast, the Church reminds us of Adam's expulsion from Paradise. God commanded Adam to fast (Gen. 2:16), but he did not obey. Because of their disobedience, Adam and Eve were cast out of Eden and lost the life of blessedness, knowledge of God, and communion with Him, for which they were created. Both they and their descendents became heirs of death and corruption.

Let us consider the benefits of fasting, the consequences of disobedience, and recall our fallen state. Today we are invited to cleanse ourselves of evil through fasting and obedience to God. Our fasting should not be a negative thing, a mere abstention from certain foods. It is an opportunity to free ourselves from the sinful desires and urges of our fallen nature, and to nourish our souls with prayer, repentance, to participate in church services, and partake of the life-giving Mysteries of Christ.

At Forgiveness Vespers we sing: "Let us begin the time of fasting in light, preparing ourselves for spiritual efforts. Let us purify our soul, let us purify our body. As we abstain from food, let us abstain from all passion and enjoy the virtues of the spirit...."



Hieromartyr Polycarp, Bishop of Smyrna

Saint Polycarp, Bishop of Smyrna, who was "fruitful in every good work" (Col. 1:10), was born in the first century, and lived in Smyrna in Asia Minor. He was orphaned at an early age, but at the direction of an angel, he was raised by the pious widow Kallista. After the death of his adoptive mother, Polycarp gave away his possessions and began to lead a chaste life, caring for the sick and the infirm. He was very fond of and close to Saint Bucolus, Bishop of Smyrna (February 6). St. Bucolus ordained Polycarp as deacon, entrusting to him to preach the Word of God in church. He also ordained him to the holy priesthood.

The holy Apostle John the Theologian was still alive at this time. Saint Polycarp was especially close to Saint John, and sometimes accompanied him on his apostolic journeys.

Shortly before his death, Saint Bucolus expressed his wish that Polycarp be made Bishop of Smyrna. When Saint Polycarp was consecrated as a bishop, the Lord Jesus Christ appeared to him. Saint Polycarp guided his flock with apostolic zeal, and he was also greatly loved by the clergy. Saint Ignatius the God-Bearer of Antioch (December 20) also had a high regard for him. Setting out for Rome where execution awaited him, he wrote to Saint Polycarp, "This age is in..."

Hieromartyr Polycarp, Bishop of Smyrna continued

... need of you if it is to reach God, just as pilots need winds, and as a storm-tossed sailor needs a port."

The emperor Marcus Aurelius (161-180) came to the Roman throne and started up a most fierce persecution against Christians. The pagans demanded that the judge search for Saint Polycarp, "the father of all the Christians" and "the seducer of all Asia."

During this time Saint Polycarp, at the persistent urging of his flock, stayed in a small village not far from Smyrna. When the soldiers came for him, he went out to them and invited them in to eat. He asked for time to pray, in order to prepare himself for martyrdom. His suffering and death are recorded in the "Epistle of the Christians of the Church of Smyrna to the Other Churches," one of the most ancient memorials of Christian literature.

Having been brought to trial, Saint Polycarp firmly confessed his faith in Christ, and was condemned to be burned alive. The executioners wanted to nail him to a post, but he declared that God would give him the strength to endure the flames, so they could merely tie him with ropes. The flames encircled the saint but did not touch him, coming together over his head in the shape of a vault. Seeing that the fire did him no harm, the pagans stabbed him with a dagger. So much blood flowed from this wound that it extinguished the flames. The body of the hieromartyr Polycarp was then cremated. The Christians of Smyrna reverently gathered up what remained of his holy relics, and each year they celebrated the day of his martyrdom.

A story has been preserved about Saint Polycarp by his disciple, Saint Irenaeus of Lyons, which Eusebius cites in his ECCLESIASTICAL HISTORY (V, 20):

"I was still very young when I saw you in Asia Minor at Polycarp's," writes Saint Irenaeus to his friend Florinus, "but I would still be able to point out the place where Blessed Polycarp sat and conversed, and be able to depict his walk, his mannerisms in life, his outward appearance, his speaking to people, his companionable wandering with John, and how he himself related, together with other eyewitnesses of the Lord, those things that he remembered from the words of others. He also told what he heard from them about the Lord, His teachings and miracles...."

"Through the mercy of God to me, I then already listened attentively to Polycarp and wrote down his words, not on tablets, but in the depths of my heart. Therefore, I am able to bear witness before God, that if this blessed and apostolic Elder heard something similar to your fallacy, he would immediately stop up his ears and express his indignation with his usual phrase: 'Good God! That Thou hast permitted me to be alive at such a time!'"

During his life the holy bishop wrote several Epistles to the flock and letters to various individuals. The only one that has survived to the present day is his Epistle to the Philippians which, Saint Jerome testifies, was read in the churches of Asia Minor at divine services. It was written by the saint in response to the request of the Philippians to send them some letters of the hieromartyr Ignatius (December 20) which Saint Polycarp had in his possession.



Come and join our
"Little Friends of Jesus"
who will be having classes on the following Sundays:

* February 23
* March 8
* March 15

* April 5
* April 19
* May 3

* May 24
* June 14

Mark your calendars:



Remaining True to Christ Now and at the Hour of our Death:

A Pastoral Letter from the Catholic Bishops of Alberta and the Northwest Territories

Introduction

The legalization in Canada of euthanasia and assisted suicide occurred in 2016. Now, people can request their own death in certain circumstances, and in advance of possibly intolerable pain or difficult situations. Since legalization, and as of the end of December 2019, more than 900 people in Alberta have chosen to die by these procedures. Nearly all of them have been euthanized.

In response to a recent ruling of the Superior Court of Quebec, the federal government is now planning to change the law to expand eligibility for assisted suicide or euthanasia beyond people who are nearing the end of their lives. Further review of the legislation could well lead to allowing advance consent, and extending access to euthanasia and assisted suicide to people who suffer from dementia or other mental illnesses, and even mature minors. As we see this unfold, the Bishops of Alberta and the Northwest Territories wish to encourage our people to remain steadfast in fidelity to the teachings of our faith. Although euthanasia and assisted suicide, commonly referred to as “MAiD,” are in some circumstances legally allowed, nevertheless they are never morally permissible according to the commandments of God.

Euthanasia and assisted suicide stand in stark opposition to the Christian way of living and our belief in the sanctity of human life. The Cross of Jesus Christ reveals that death and dying is a process to be accepted in obedience to the will of the Father. In contrast, euthanasia, which is the deliberate act of killing a person with the intention of ending their suffering, and assisted suicide, which consists in helping someone to take his or her own life, are self-willed and intended to end that life prematurely. Neither is permissible, since they violate the prohibition against taking innocent human life and stand as a rejection of God’s absolute sovereignty over life and death.

Surrender in Faith

Our foundational point of reference in all things is the life, death, and resurrection of our Lord Jesus Christ. Following Jesus means that, just as he did, we surrender the entirety of our lives to the Father, including our death, trusting in God’s nearness at every moment and in the goodness of His sovereign will. By the self-offering of Jesus on the Cross and his rising from the dead, God has rendered our human death the gateway to eternal life in the blessedness of heaven. Therefore, having lived in communion with Jesus through Baptism, and placing our hope in the mercy of God, we can face the end of our earthly journey and the judgment that awaits us with faith, serenity, and courage. As Christians who pray daily to the Father “thy will be done,” we acknowledge that it is not for us



to determine when our lives will end, nor to bring about our own death or ask others to end our lives for us.

Much of the messaging today concerning euthanasia and assisted suicide, which are morally wrong acts, presents these procedures as compassionate, dignified, and loving. Even the terminology chosen in Canada, “Medical Assistance in Dying (MAiD),” sounds caring, gentle and helpful. It is therefore necessary to be vigilant and on guard not to allow euphemisms to mislead us by masking reality. All of us are in need of support and welcome assistance at the time of our dying. Assistance to hasten our death, though, is a very different matter. By engaging in the acts of euthanasia and assisted suicide, one is terminating innocent human life. This is never morally permissible.

Preparing for a Holy Death

From a Christian perspective, dying is one of the most important moments in our journey with God. We look forward in hope to being in the House of the Father, and so desire to be prepared and ready for that moment when God will call us to Himself. The sacraments given to the Church by Christ are a source of great spiritual comfort and assistance at this time. The mercy God bestows in the confession and absolution of our sins, the Sacrament of the Sick, and the Eucharist received as Viaticum (“food for the journey”), leads us to the grace of a holy death. We also prepare well by reconciling with others and taking leave of our families, trusting that after our death they will remember and pray for us as we go forward to our eternal rest.

Having the support of family, friends, pastors and health care professionals who acknowledge these spiritual realities is of great importance during this stage of our journey. Indeed, the Christian community earnestly desires to draw near to those who are preparing to die. Pope Francis strongly urges us to accompany people in all circumstances of life. This is especially significant as one enters the end stages of life and is near death. To persons at the end of their lives or experiencing severe suffering, the offering of consistent and loving support affirms their inestimable value and dignity as human beings created and loved by God.

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Remaining True to Christ Now and at the Hour of our Death: A Pastoral Letter from the Catholic Bishops of Alberta and the Northwest Territories

CONTINUED...

A Call to Advocacy

Among the ways to accompany people and assist them to die well, and that do not deliberately or intentionally bring about their death is the offering of excellent quality palliative care. The Catholic Church strongly advocates for this holistic medical care—physical, emotional and spiritual—at the end of life, and that all people have access to it for the alleviation of their suffering. This medical care is generally available in most large jurisdictions in Canada, but not everywhere across the country. Therefore, we urgently need to remind our lawmakers that palliative care—which by its very nature does not include assisted suicide or euthanasia—is of vital human importance for people who are dying and their family members. We must encourage them not only to extend the availability of palliative care to the whole population of our land, but also to guarantee that palliative care providers will not be forced to participate in MAiD.

Our advocacy must also embrace the need to protect the conscience rights of healthcare professionals, who give their lives to accompany and care for the sick and suffering but conscientiously object to cooperating in euthanasia and assisted suicide on moral or religious grounds. They know these procedures are ethically wrong, and contrary to their reasons for choosing the medical profession in the first place. Canada is a democratic country that, in its Charter of Rights, proclaims liberty of conscience and freedom of religion as first among all rights. Let us urge our lawmakers to uphold the Charter by preserving these freedoms, which are essential for maintaining the common good in our pluralistic society.

Pope Francis reminds us in his message for the XXVIII World Day of the Sick (February 11, 2020): “Life must be welcomed, protected, respected and served from its beginning to end: both human reason and faith in God, the author of life, require this.” The most effective way in which to express our consistent opposition to assisted suicide and euthanasia, and advocate for excellent quality palliative care and the protection of conscience rights, is by direct contact with our Members of Parliament. We strongly encourage you to reach out to your elected representative in defense of the dignity and sanctity of human life.

Conclusion

The Catholic Church, faithful to Christ her Founder, teaches and gives witness to the reverence that is due to every human life. She believes and affirms that life in all its mystery is a gift to us from God our Creator, never to be rejected but always protected from beginning to end, from conception until natural death. Let us lift up our prayers on behalf of anyone who may be in danger

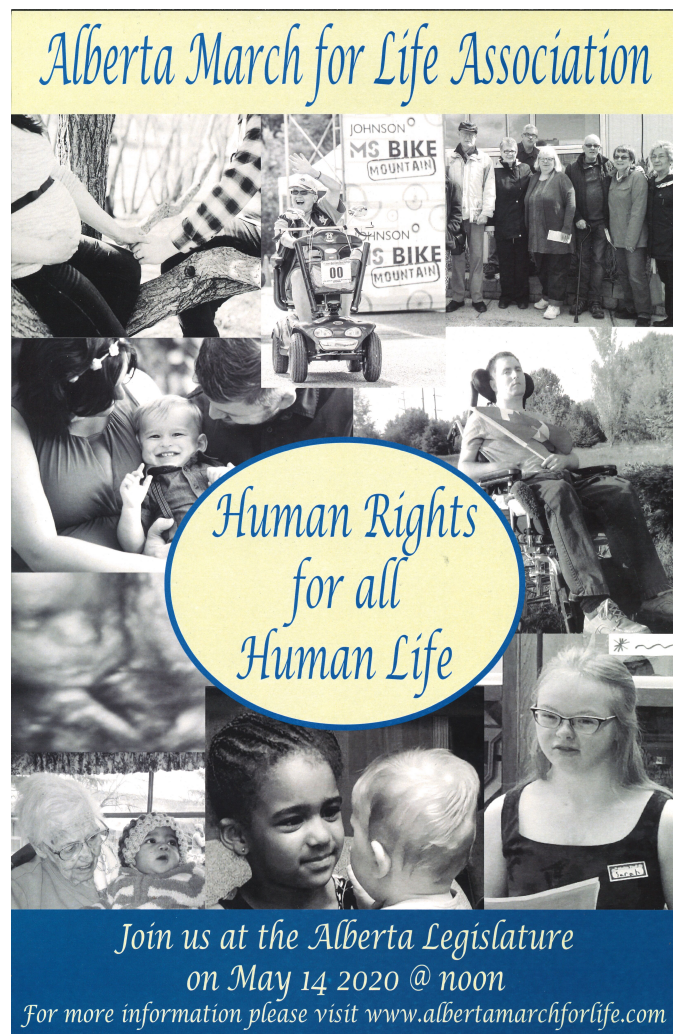
of seeking to die by euthanasia or assisted suicide. With the help of our prayers and the support of our accompaniment, may they choose instead to surrender to the mystery of God’s sovereign and loving will. We must pray, too, for their families, anguishing over the suffering of their loved one and sometimes forced to grapple with this immoral legal option.

May they seek and find the Lord’s presence with them, and know his gift of peace and consolation as they place their trust in him. Our prayers must also embrace all the healthcare professionals who, faithful to the witness of their conscience, promote the dignity of every human life, especially as they care for the dying. Let us ask the Lord to keep all of us true to him, in every moment of life and at the hour of our death.

Yours in Christ,

Catholic Bishops of Alberta and NWT

- ◆ Most Reverend Richard W. Smith Archbishop of Edmonton
- ◆ Most Reverend Paul Terrio Bishop of St. Paul
- ◆ Most Reverend David Motiuk Bishop of the Ukrainian Eparchy of Edmonton
- ◆ Most Reverend William McGrattan Bishop of Calgary
- ◆ Most Reverend Gerard Pettipas CSsR Archbishop of Grouard-McLennan
- ◆ Most Reverend Jon Hansen, CSsR Bishop of Mackenzie-Fort Smith



Alberta March for Life Association

*Human Rights
for all
Human Life*

*Join us at the Alberta Legislature
on May 14 2020 @ noon*

For more information please visit www.albertamarchforlife.com



The following people have been elected at last Sunday's UCWLC Annual General Meeting. Thank you all for your past, present and future service.

President	Virginia Sharek		Pastoral Care	Virginia Sharek (chair) Ann Tymko Jean Miskew Jennie Panchuk
Acting Past-President	Helen Sirman		Church Linens	Marta Dashkewytch Helen Sirman
1st Vice President	Diane Woitas		Archives	Helen Sirman
Secretary	Helen Sirman		Flowers	Virginia Sharek Helen Sirman
Treasurer	Darlene Puto		Membership	Darlene Puto
Spiritual Resource	Fr. Bo		Flag	Marta Dashkewytch
Audit Committee	Dobr. Maria Wojcichowsky Andrea Kluk		Fellowship Schedule	Diane Woitas Helen Sirman
Cultural	Marta Dashkewytch		Fellowship Shopping	Diane Woitas Virginia Sharek
Telephone	Ann Prokop Verna Hnatiuk (as available)		Nominating Committee	Marta Dashkewytch (chair) Anne Tymko
Nasha Doroha	Darlene Puto		Little Friends of Jesus	Chris Lirette Tanya Vanderven Julia Bryson (assisting)

Christ in the Old Testament: Prophecy and Fulfillment

We know that God promised a saviour and that Jesus was the fulfilment of that promise. Join us for 4 sessions during the Great Fast, as we look at the Old Testament and explore where we find the promises and then look at the New Testament in the life of Christ and beyond to see the glorious fulfilment of God's promise to us. Sessions will consist of a presentation and will conclude with prayer.

DATES & TIMES:

- March 12 – Introduction, The Messiah - Fr. Danylo Kuc
- March 19 – The Nativity - Fr. Stephen Wojcichowsky
- March 26 – The Suffering of Christ - Fr. Mihajlo Planchak
- April 2 - The Passover - Fr. Peter Babej

All sessions run 7:00 - 8:30 pm.

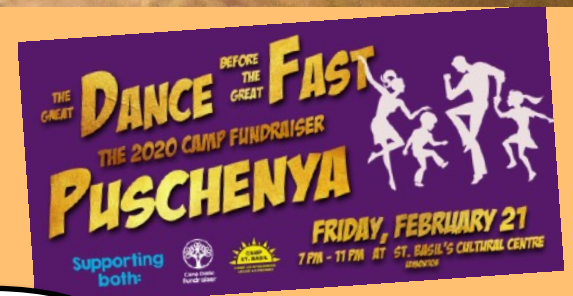
LOCATION: Holy Eucharist Parish, 6425 120 Ave, Edmonton **ADDITIONAL INFORMATION:** You are welcome to attend any or all of the sessions. No registration is necessary.




Did you see Bishop David racing his canoe at Puschenya this past Friday???

It was awesome. A fuller report about our fundraising event will be in next week's bulletin (once we have the financials done). But in a nut shell: It was a success. Thanks to all who attended.

(Got any pictures? Send them to Fr. Bo please.)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 Cheesefare Sunday (also known as Forgiveness Sunday) 10 am Divine Liturgy with "LITTLE FRIENDS OF JESUS" program After Liturgy we have a Pancake Breakfast & The Parish's AGM 2 pm Melkite Liturgy with Lunch	24 🐟* First Day of the Great Fast - Clean Monday * No meat & No Dairy this day 8:20am Fr. Bo Appointment 10am Fr. Bo Appointment Melkite Youth in Hall Fr. Bo's Evening Family Time	25 🐟 5pm Fr. Bo Appointment 6pm Lenten Complines (Melkites)	26 🐟 1pm Panachyda for +Anne Bunio at Mill Woods Shepherd's Care	27 🐟 6 pm Community Night  Ryan Gerace's Birthday	28 🐟 10:30am Baptismal Prep 6pm Akathist (Melkites) followed by youth 7pm Liturgy of the Presanctified Gifts 	29 🐟 Commemoration of St. Theodore of Tyre
March I 🐟 Sunday of Orthodoxy 10 am Divine Liturgy followed by Panachyda for + Mary Oresiuk 2 pm Melkite Liturgy	2 🐟 Melkite Youth in Hall Fr. Bo's Evening Family Time	3 🐟 6pm Lenten Complines (Melkites)	4 🐟 11am Fr. Bo Appointment Possible Lenten Service... to be determined... Maybe ours... Maybe Melkite... stay tuned. Natasha Gerace and Steve Konowalec's Birthdays	5 🐟 Fr. Bo at Reconciliation at LSL School 6 pm Community Night 	6 🐟 10:30 am 40 Day Memorial for Fr. Bill at Cathedral Perogy Making 6pm Akathist (Melkites) 7pm Liturgy of the Presanctified Gifts  With "Soroko-ooste" Melkites use Hall???	7 🐟 Perogy Making Jess Lastiwka and Catherine Ostopowich's Birthdays
8 🐟 2nd Sunday of Lent: the Commemoration St. Gregory Palamas 10 am Divine Liturgy with "LITTLE FRIENDS OF JESUS" program 2 pm Melkite Liturgy	9 🐟 10am Fr. Bo Appointment Melkite Youth in Hall Fr. Bo's Evening Family Time	10 🐟 10 am Clergy Conference at H. Each 6pm Lenten Complines (Melkites)	11 🐟 Possible Lenten Service... to be determined... Maybe ours... Maybe Melkite... stay tuned.	12 🐟 6 pm Community Night  7pm Christ in the Old Testament: Prophecy and Fulfillment Introduction, The Messiah - Fr. Danylo Kuc Helen Moneta's Birthday	13 🐟 6pm Akathist (Melkites) followed by youth 7pm Liturgy of the Presanctified Gifts  with "Soroko-ooste"	14 🐟 2nd All Souls Saturday
15 🐟 3rd Sunday of Lent: Sunday of the Holy Cross 10 am Divine Liturgy with "LITTLE FRIENDS OF JESUS" program 2 pm Melkite Liturgy	16 🐟 Eparchial Sobor Melkite Youth in Hall	17 🐟 6pm Lenten Complines (Melkites)	18 🐟	19 🐟 6 pm Community Night 	20 🐟 Sacred Arts Guild of Alberta (SAGA) Display at Newman College 6pm Akathist (Melkites) 7pm Liturgy of the Presanctified Gifts  with "Soroko-ooste"	21 🐟 3rd All Souls Saturday SAGA Display at Newman College Meeting of Edmonton SAGA
22 🐟	23 🐟	24 🐟	25 🐟	26 🐟	27 🐟	28 🐟

Parish & Eparchial News:

- We **pray for the health and well-being** of all the servants and handmaidens of God who need our prayers: **Miranda Mayko, Jean Miskew, Sarah Komar, Marge Woitas, Katie Bunio, John Puto, Ann Horsman, Louis Pewar & Rosa Maria Santos.** (If you know any other people who should be on this list: please email me.)
- We wish God's blessings and **happy birthday** to our parishioner: **Ryan Gerace** who's birthday is this week. May God grant you many years!
- If we don't have **your birthday**, or if we have your birthday info wrong... please send an email (or at least a piece of paper) with your corrected birthdate and name.
- We thank **Namisha Hlus** for all of her hard work as she concludes her time singing with us. You have helped our parish voices sing with the heavenly choirs. May God grant you many years.
- **During Great Lent**, the Eparchy of Edmonton conducts its **annual collection for "Aid to the Missionary Church in Canada."** The purpose of this collection is to support the needs of the Church in Canada. Three charitable institutions are the recipients of the collection: the Ukrainian Catholic Church in Alberta, Catholic Missions in Canada, and the Canadian Conference of Catholic Bishops.
 - The **Ukrainian Catholic Church in Alberta** responds to the call of Christ to "make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you" (Matthew 28: 19-20). The Eparchy of Edmonton supports local priests in their travel, health care, pension, and clergy substitution, thus ensuring that they can respond to the pastoral needs of the faithful, especially the celebration of the Divine Liturgy and funerals in rural Alberta. Visit www.edmontoneparchy.com to see how the Church is working for you.
 - **Catholic Missions in Canada** supports over 600 missionaries – priests, deacons, sisters, brothers and lay ministers – throughout 27 eparchies and dioceses right here in Canada, including the Ukrainian Catholic Church. Catholic Missions supports the local churches in our call to proclaim the Gospel among First Nations communities, missionary support, religious education programs, building and repairs, lay pastoral leadership programs, and education of seminarians. To learn more about the work of *Catholic Missions in Canada* visit (www.cmic.info) and sign up for a free subscription to its quarterly magazine by calling toll free 1-866-937-2642.
 - Each year the **Canadian Conference of Catholic Bishops** is asked to speak out, give leadership, and provide guidelines for the faithful on a wide variety of topics in our daily lives. For our bishops to do so, they must have the benefit of research and expert advice. Research and gathering information requires staff, time and money. Through the yearly bishops' collection, an appeal is made to all Catholics to be generous towards the work of their bishops. To learn more about the Canadian Conference of Catholic Bishops, visit www.cccb.ca.
- **Children's Overnight Lenten Retreat:** The Eparchial Youth Ministry invites all children, grades 1 – 6 for an overnight retreat. Cost is \$25.00 per child. Register by March 20th to <http://bit.ly/37N58iw>. This event takes place from

March 7 (4:30 p.m.) — March 8 (noon) 2020 - at St. George Ukrainian Catholic Church,

- The **First Solemn Communion Camp** from March 20-22 at Camp Oselia will be our parish's FSC program. If your child is in or near grade 2 and ready to receive their sacraments, please contact Fr. Bo.
- **Teen "Spring Break" Lenten Retreat** is coming on March 26 - 29. If you are interested in attending go to CampOselia.com or talk to Millie at the Bishop's offices 780-424-5496.
- Planning to get married and looking for a marriage prep course? The **Eparchial Marriage Prep Course** at Camp Oselia will take place from April 17-19. Talk to Fr. Bo for more details.
- Rev. Peter Babej, Pastor, Saint Josaphat Cathedral, will lead an Eparchy of Edmonton-wide **Pilgrimage to the Holy Land** from October 17-29, 2020. Open to all faithful. Contact Father Peter at (780) 422-3181 or : fr.babej@eeparchy.com for details.
- **Lenten Schedule: Each week we will have:**
 - Thursday **"Community Nights"** at 6pm.
 - Friday **"Presanctified Liturgies"** at 7pm.
 - **"Soroko-ooste"** following the Friday Presanctified Liturgies on the 3 Fridays that precede an "All Souls Saturday". See calendar.
- The following is the proposed slate of officers for the 2020 Parish Pastoral Council, that might be voted in today. Of course, as always, nominations may also be taken from the floor.

Pastor	Fr. Bo Nahachewsky
Chair	Greg Ostopowich
Vice Chair	Don Kwas
Vice Chair	Jordan Schabel
Treasurer	Sheila Leiding
Secretary	Sharon Lonsberry
Past Chair	Simon Pryma
Director 3 year	Helen Sirman
Director 2 year	Sharilynn Shakeshaft
Director 1 year	Steve Konowalec
UCWLC Pres.	To be elected Feb 16
Finance Committee Chair	Alex Schabel
Treasurer	Sheila Leiding
Member	Iryna Laschuk
Member	Jonathan Sharek

Changeable Parts for today's Liturgy

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: The head of the Forerunner has dawned from the earth* shedding rays of incorruption and healing on those who believe;* from on high it assembles the multitude of angels,* from below it summons the human race* to glorify Christ God with one voice.

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

Kontakion: O Forerunner of Grace and prophet of God,* having obtained your head from the earth like a sacred rose,* we always receive gifts of healing;* for again as of old you proclaim repentance in the world.

Now and for ever and ever. Amen.

Kontakion: O Master, Guide to Wisdom*, Bestower of prudent counsel,* Instructor of the foolish and Defender of the poor ones,* make firm my heart and give it understanding.* Give me a word, O Word of the Father:* Behold, I shall not stop my lips from crying out to You:* In Your mercy, have mercy on me who am fallen.

Prokeimenon:

Pray and give praise to the Lord our God.* Pray and give praise to the Lord our God.

verse: In Judea God is known; His name is great in Israel.

verse: The just man shall be glad in the Lord and shall hope in Him.

Epistle: Romans 13:11-14:4;

Brothers and Sisters: you know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armour of light; let us live honourably as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. Welcome those who are weak in faith, but not for the purpose of quarreling over opinions. Some believe in eating anything, while the weak eat only vegetables. Those who eat must not despise those who abstain, and those who abstain must not pass judgment on those who eat; for God has welcomed them. Who are you to pass judgment on servants of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand.

(another reading for today: 2 Corinthians 4:6-15)

Alleluia verses:

It is good to give praise to the Lord, and to sing to Your name, O Most High.

To announce Your mercy in the morning and Your truth every night.

The just man shall flourish like the palm tree; and he shall grow like the cedar in Lebanon.

Gospel: Matthew 6:14-21

For if you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses. "And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you. "Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

(another reading for today: Matthew 11:2-15)

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.

After the Divine Liturgy we will do "The Service of Forgiveness" which marks the Solemn Beginning of the Great Fast

(The first week of the Great Fast is called the 'CLEAN WEEK' since during this time the People of God purify themselves in a special way by the practice of strict fast and abstinence and through more intense prayer. The fall of Adam and Eve and their expulsion from Paradise are commemorated on the Sunday that Introduces the First Week of the Great Fast.

Normally this service would be done on Sunday night at sundown, but since our parish does not have a Vespers service Sunday night, we will do this after the Sunday morning's Divine Liturgy

Since the service is to follow the Divine Liturgy the "Usual Beginning" is omitted.)

PRAYER OF ST. EPHREM

All: O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter. *(Prostration)*

All: Instead, grant to me, Your servant, the spirit of wholeness of being humble mindedness, patience and love. *(Prostration)*

All: O Lord and King, grant me the grace to be aware of my sins and not to judge my brother; for You are blessed now and ever and forever. Amen.
(Prostration)

THE PRAYER OF FORGIVENESS

Priest: On bended knee, let us pray to the Lord. *(Kneel)*

All: Lord, have mercy.

Priest: O Lord, Jesus Christ, our God and hope of all on land and of those far away at sea, you have established these holy days of fasting by Your law and the prophets, as a way for our mortification and repentance. At the proper time, You manifested Yourself in the flesh on this earth, and by Your fast of forty days and nights, You sanctified the practice of fasting and commanded us to follow Your example. As a merciful and gracious God, enable us to begin these holy days of the Great Fast with perfect repentance, with humility instead of hypocrisy, with fervent prayer, with hunger and thirst, with frequent prostrations, and with a contrite heart. Enable us also to complete this time of the Great Fast without fault and with a pure conscience, keeping our faith intact and achieving victory over sin. Send us an angel of peace to watch over our lives, to protect us from all snares of our enemies, and to assist us in the performance of good deeds. Strengthen us by Your power so that we may accomplish the spiritual works of the Great Fast. Then, with our passions in control and our souls and bodies properly cleansed, we will be worthy to partake, without condemnation, of Your most pure Body and Your most precious and life-giving Blood. For You are the merciful and gracious Lover of Mankind Who come down to earth to save all; and we give glory to You and Your Eternal Father and Your all holy gracious, and life-giving Spirit, now and ever, and forever.

All: Amen.

Then, prostrating before the assembled Body of Christ, the Priest begs from the Faithful their forgiveness, saying:

Priest: Holy brothers and sisters, forgive me, a sinner, and pray for me.

People: God forgives May the Lord forgive you, Father, and have mercy on you. Also forgive us Father, and pray for us!

Priest: God forgives! May He have mercy on us and forgive us all.

The people come forward and embrace the priest and receive the anointing with oil. The people can then approach one another and mutually seek forgiveness.

