



Українська Католицька Парафія  
Покрова Пресвятої Богородиці

*Protection of the Blessed Virgin Mary  
Ukrainian Catholic Parish*

*The No. 1 priority for ... the church is evangelization:  
preaching the Gospel of Jesus Christ in today's world*

10 Лютого, 2013

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**Служби Божі/Divine Liturgies**

В Неділю/Sunday  
8:30 am partially sung  
10:30 am sung

**У Свята/Holy Day of Obligation**

10:00 am and 7:00 pm

**Щодня/Daily Scheduled**

8:25 am in church

**First Friday - 8:25 am** Divine Liturgy followed  
by Moleben to the Sacred Heart of Jesus or  
Mother of God

**Сповіді** починаючи десять хвилин перед  
Службою Божою

**Confessions** begin ten minutes before the  
Divine Liturgy or by appointment

**Baptism** by appointment - membership in  
Parish is required

**Marriages** by appointment made at least six  
months in advance. Membership in Parish is  
required

**Funerals** by arrangement in the Parish Office

**oo. Василян/Basilian Fathers**  
serving this Parish

Father Josaphat Tyrkalo, OSBM, Pastor  
Most Rev. Severian Yakymyshyn, OSBM  
Bishop Emeritus

**Неділя Сирусуна  
Матя 6:14-21**



**Cheese-fare Sunday  
Matthew 6:14-21**

**SPECIAL NOTICE – Do not park in the  
RESERVED stalls in front of St. Mary's  
Gardens when you come for the Sunday  
Divine Liturgy. Your car will be towed.**

**Парафія Покрова Пресвятої Богородиці вітає всіх гостей, приятелів та рідних які зєдналися сьогодні разом брати участь в цій Службі Божі. Нехай наш Господь через заступництво Покрова Пресвятої Богородиці благословить Вас і Вашу родину.**

Місячний намір Святішого Отця Папи Римського – на Лютець

Загальний намір: За родини емігрантів. Щоб родини емігрантів були підтримувані і супроводжені в їхніх труднощах, а особливо матері.

Місійний намір: Жертви воєн, агенти миру. Щоб ті, що терплять у наслідок воєн і конфліктів були суперниками майбутності миру.

Спеціальне прохання: після закінчення Служби Божої просимо замкнути молитвенники і співаники і поставити їх на відповідне місце. Рівнож просимо не залишайте бюлетенів і других матеріалів в лавках. Будьмо господарними в нашій церкві і допоможемо, щоби наші лавки були чисті й акуратні.

- Тропарі і читання в рожевій книжці на - стор. 3 і 4

- Кава і солодке Сьогодні після Служби Божої о год 8:30 і 10:30 рано у вітальні під церквою.

**В цьому часі тільки один священник буде служити в парафії. Щоби вз'яти участь у Св. Сповіді перед Великоднем, заохочуємо Вас приходити до церкви в неділю на Св. Літургію, 20–30 минут скоріше. Ви можете також наперед домовитися і прийти до Каплиці в нашій резиденції під час тижня.**

### **МОЛИТВА НА ПОЧАТКУ ВЕЛИКОГО ПОСТУ (Вірні Клячуть)**

**Свящ:** Господеві помолімся.

**Люди:** Господи, помилуй.

**Всі разом:** Надіє всіх кінців землі, і тих, хто в морі далеко, Боже, що Законом, і Пророками, і Євангелистами передрік єси святі оці пісні дні! Сподоби всіх перейти час Посту в чистоті, додержати Віру непорушну, і зберегти Твої Заповіді по всі дні життя нашого! Накажи берегти початок наш та кінець на всяке добре діло Анголу миру, що вислуховує й догоджує нам на досконале Причастя Святих Твоїх Таїн. Прийми, Владико, колінопреклонення й піст слуг твоїх, і подай духовне Благословення всім нам у Христі Ісусі, Господі нашім, бо Ти з Ним благословенний, з Пресвятим і Добрим, і Животворним Твоїм Духом, нині і повсякчас, і на віки вічні. Амінь.

**Свящ:** Благословення Господнє на вас, з його благодаттю і чоловіколюб'ям, завжди, нині і повсякчас, і на віки вічні. **ЛЮДИ:** Амінь.

## ЧИН ВСЕПРОЩЕННЯ (ПРИМИРЕННЯ)

**Священик:** Благословіть, Брати і Сестри, і простіть мені грішному, чим згрішив я в цей день і по всі дні життя мого словом, ділом, думкою і всіма почуттями моїми. (вклоняється)

**Вірні:** Нехай Бог простить і помилує тебе, чесний отче. Благослови і прости, чесний отче, і нам грішним провини наші добровільні і недобровільні. (і теж вклоняються)

**Священик:** Нехай простить Господь Бог ласкою своєю гріхи ваші і помилує вас.

**Священик:** Помолімся за святішого, вселенського Архиєрея нашого Бенедикта Папу Римського, за блаженнішого верховного Архиєпископа нашого Кир Святослава, за преосвященнішого Митрополита нашого Кир Лаврентія, і боголюбивих Єпископів наших Кир Кена і Кир Северіяна.

**Вірні:** Бог нехай спасе і помилує.

**Священик:** За благородних добродійців святого храму цього, за тих, що служать і послужили у святім храмі цім.

**Вірні:** Бог нехай спасе і помилує.

**Священик:** За відсутніх і подорожніх.

**Вірні:** Бог нехай захоронить і помилує.

**Священик:** За тих, що чинять нам милостиню.

**Вірні:** Бог нехай віддасть і помилує.

**Священик:** За тих, що ненавидять нас, і за тих, що люблять.

**Вірні:** Бог нехай простить і помилує.

**Священик:** За недужих і терплячих.

**Вірні:** Бог нехай оздоровить і помилує.

**Священик:** Молитвами святих отців наших, Господи, Ісусе Христе, Боже наш, помилуй нас.

**Вірні:** Амінь.



**Сьогодні – Неділя, 10 Лютьень:** 10:30 рано – Парафіяльна Катехитична програма зараз по Євангелії під час Служби Божої.

**Понеділок, 11 Лютьень:** – Перший день посту – стримуємося від м'яса і молочних продуктів.

– 8:25 рано і 7:00 вечора, Служби Божі. Заохочуємо Вас почати Великий Піст і просити Бога за потрібні ласки, щоби жити життям більше згідним з Божим світом. Церква також заохочує нас більше постити і молитися під час цього часу.

**Четвер, 14 Лючень:**

– 7:00 вечора – Поширення зрозуміння нашої віри у вітальні під церквою.

**П'ятниця, 15 Лючень:** – 8:25 рано Служби Божої не буде.

– 7 вечора – Заупокійна Служба Божа і Сорокоусти.

**Субота, 16 Лючень:**

– 9:30 рано Сходини Л.У.К.Ж.К. піchnуться молебнем до Пречистої Діви Марії а відтак засідання у вітальні під церквою.

**Неділя, 17 Лючень:**

– 10:30 рано – Парафіяльна Катехитична програма зараз по Євангелії під час Служби Божої.

– Сніданок після Служб Божих в Авдиторії. Улаштовує ЛУКЖК. Вступ \$8 для дорослих. \$3 для дітей нижчи 12 років. Вступні нагороди.

**Понеділок, 18 Лючень:**

– 7:00 вечора – Сходини Парафіяльної Ради у Борд Румі.

**Вівторок, 19 Лючень:** – 7:00 вечора – Поминальна Служба Божа.

**Четвер, 21 Лючень:**

– 7:00 вечора – Поширення зрозуміння нашої віри у вітальні під церквою.

**П'ятниця, 22 Лючень:**

– 8:25 рано – Служби Божої не буде.

– 7 вечора – Заупокійна Служба Божа і Сорокоусти.

**Неділя, 24 Лючень:** – 10:30 рано – Парафіяльна Катехитична програма зараз по Євангелії під час Служби Божої.

**Четвер, 28 Лючень:**

– 7:00 вечора – Поширення зрозуміння нашої віри у вітальні під церквою.

**Заупокійні Служби Божі і Сорокоусти** за померлих членів Ваших Родин будуть відправлятися кожної п'ятниці о год. 7 вечора під час Великого Посту, починаючи від 15-го Лютого. Зробіть відповідні зарядження.

**Ковертки** з пожертвами за відправлення сорокоустних парастасів знаходяться в притворі церкви. Просимо зложити їх на недільну тацу під час Служб Божих, або передати їх Отцям, чи занести до парафіяльної канцелярії.

**PRAYER FOR EVANGELIZATION 'YEAR OF FAITH'** - O God, who wills that all should be saved and come to the knowledge of truth, pour out Your Spirit upon us and grant that we may respond zealously to Your urgent call to lead back to the Church those who have strayed. Prepare their hearts and minds to be receptive to the saving Gospel of Your Son. Send us workers to gather in Your abundant harvest, so that all Your people, obedient to the Word and sustained by the power of the Sacraments, may advance in the way of Salvation and love. Through Christ, our Lord. Amen.

**The Protection of the Blessed Virgin Mary Parish welcomes all guests, friends, visiting relatives and Parishioners in celebrating this Divine Liturgy together. May our Lord, through the intercession of the Protectress, the Blessed Mother of God, bless you and your family!**

**Monthly Papal Intentions for February**

**General Intention: Migrant Families - That migrant families, especially the mothers, may be supported and accompanied in their difficulties.**

**Mission Intention: Peace - That the peoples at war and in conflict may lead the way in building a peaceful future.**

**Tropar, Kondak & readings in the pink booklet - pages: 3 & 4**

**- Coffee and sweets are available today following the 8:30 am and 10:30 am Divine Liturgy in the Fellowship Room. All guests and parishioners are invited.**

**UNTIL FURTHER NOTICE - there will be only one priest serving the parish. To participate in the Mystery of Reconciliation, (Confession) before Easter, we are encouraging you to come earlier to church on Sundays, as confessions will be heard for approximately 20 - 30 minutes before the Liturgies. You may also make an appointment to come **during the week** to the chapel in the rectory.**

**Prayer for the Beginning Great Lent (Kneeling)**

**Priest:** Let us pray to the Lord.

**People:** Lord have mercy.

**Priest and People:** O Lord God, our hope which reaches to the end of the earth, and to the depths of the sea, Who by His own Law, and the prophets and the Evangelists, has foretold and proclaimed these forty days of fasting. Grant that all may live this time of lent in purity and devote faith, and that we may observe Your Commandments all the days of our lives. Command Your Angel of Peace to preserve us during the coming days of Lent and enable us to receive Your Most Holy Eucharist throughout this time and especially on the Day of Your Son's Resurrection. Accept the prostrations and fastings of your servant. Grant us Your blessings through Jesus Christ, our Saviour together with Your Life-giving Spirit. Amen.

**Priest:** May the Blessing of the Almighty God the Father, the Son and the Holy Spirit, descend upon you and remain with you, now and forever.

**People:** Amen

**Communal Right of Mutual Forgiveness**  
**For Parish Use (as adapted from the Service of Small Compline)**

**Priest:** Bless me, my Brothers and Sisters, and forgive me, a sinner, whatever offenses I have committed this day and all the days of my life by: word, deed or thought as well as by all my senses. *(bows to the faithful)*

**Faithful:** **May God forgive you, Reverend Father! Bless us also and forgive our offences voluntary and involuntary.** *(bow toward the Main Altar)*

**Priest:** May the Lord God by His grace, forgive you all your sins and have mercy on you.

**Priest:** Let us pray for our most holy universal Pontiff, Benedict, Pope of Rome; for our most blessed Major Archbishop, Sviatoslav, our most reverend Metropolitan, Lawrence, our God-loving Bishops Ken and Severian.

**Faithful:** **May God save and have mercy.**

**Priest:** Let us pray for our noble and ever-to-be remembered founders and benefactors of this holy church, and for those who serve and have served in it.

**Faithful:** **May God save and have mercy.**

**Priest:** Let us pray for those who are absent and for those who are travelling.

**Faithful:** **May God protect and have mercy.**

**Priest:** Let us pray for those who are kind to us.

**Faithful:** **May God reward and have mercy.**

**Priest:** Let us pray for those who hate us and for those who love us.

**Faithful:** **May God forgive and have mercy.**

**Priest:** Let us pray for the sick and the suffering and those confined to their beds.

**Faithful:** **May God heal and have mercy.**

**Priest:** Let us pray for our departed relatives and faithful of our parish and Eparchy.

**Faithful:** **May God grant them rest and may their memory be everlasting.**

**Priest:** Through the prayers of our holy fathers, may our Lord and God, Jesus Christ, have mercy on us.

**Faithful:** **Amen.**



**TODAY: Sunday, February 10:** – during 10:30 am Divine Liturgy – **Parish Catechism Program for Pre-Schoolers** following the reading of the Gospel.

**Monday, February 11: First day of Great Lent – abstain from meat & dairy products; and World Day of the Sick (remember the sick and infirm) – 8:25 am and 7 pm Divine Liturgy.** You are encouraged to begin Great Lent by asking our Lord for the graces needed to live a life more in-tune with God's Word. The church also encourages us to fast and pray more during this time.

**BEGINNING - February 14**

**YOU ARE INVITED TO PARTICIPATE**

**“THE CREED” A NEW STUDY DURING THIS YEAR OF  
THE FAITH”**

**This twelve (12) part series - “The Creed - is A Journey through the Catechism” This will be  
the first of four parts or Pillars**

**The Creed makes the Catechism of the Catholic Church come alive**, showing you how your personal journey of faith fits into the amazing story of salvation told in the Creed. Far more than a list of “faith facts” the Catechism provides a sure map for your journey of faith, which can be easily navigated and deeply enriching with the right tools.

**In this Series - “THE CREED” - you will:**

- 1. Learn why the Catechism should be treated less like a fact book and more like a roadmap for our faith journey.**
- 2. Learn what God’s innermost secret is and how we are called to participate in it.**
- 3. See that our journey of faith is a journey from *Blessing to Blessing*, that the God who made us **wills that we return to Him.****
- 4. Discover how the Catechism can be seen as a new Catechesis for the New Evangelization.**
- 5. Learn how **what we believe** emerges from the **living story** of salvation history.**
- 6. Discover the role the angels play in aiding our salvation, and how they are truly present to us. .... and much more**

**Workbooks are available for the program - \$ 29.00/each - contact Susan Lazaruk or  
come to the Parish office.**

**Friday, February 15:**

- 8:25 am Divine Liturgy - cancelled**
- 7 pm - Memorial Divine Liturgy and Sorokousty.**

**Memorial Divine Liturgy and Sorokousty** for the deceased of your family will be celebrated every Friday during Great Lent at 7 pm beginning February 15. Special envelopes are available in the vestibule for your request. Please **place** in Sunday collection plate, **or** give to Father, **or** bring to Parish Office.

**Saturday, February 16:**

- UCWLC Meeting begins at 9:30 am with Moleben to the Mother of God followed by the monthly meeting in the Fellowship Room.**

**Saturday, February 16:** - UCWLC Executive of the New Westminster Eparchy host Fifth Annual **Hearts and Flowers Fair** - 10:00 am-3:00 pm at Holy Eucharist Cathedral Hall. Admission: \$3.00. Lunch available, Silent Auction, Door prizes, Bingo, Children’s prizes, White Elephant and more. Prize donations always gratefully accepted. Come join us and have some fun.

**Sunday, February 17:** – during 10:30 am Divine Liturgy – **Parish Catechism Program for Pre-Schoolers** following the reading of the Gospel.  
– **Pancake Breakfast** in the Auditorium following each Divine Liturgy. The cost is \$8 for Adults and \$3 for children under 12 years of age. Door Prizes. Hosted by the Parish Branch of the UCWLC.

**Monday, February 18:** – 7 pm – **Parish Council Meeting** in the Board Room.

**Tuesday, February 19:** – 7 pm – Memorial Divine Liturgy.

**SUNDAY, February 24, at Richmond Funeral Home from 1 pm – 4pm. We will explore the ethical teaching of the Catholic Church on dying, the process of grieving and our Services for the Dead.** Registration before February 10. Forms are available on the Eparchy website @ [nweparchy.ca](http://nweparchy.ca).

**Sunday, February 24:** – during 10:30 am Divine Liturgy – **Parish Catechism Program for Pre-Schoolers** following the reading of the Gospel.

### **Communal Right of Mutual Forgiveness**

**Explanation:** Our Christian faith has been preserved through the ages in 2 ways: Scripture (written) and Tradition (verbal). Since parts of the second one are sometimes forgotten, the Church now is trying to bring them back into practice. One such practice of our Christian tradition is the Order of “Fraternal Reconciliation”, a beautiful and meaningful practice of the ancient church community. Nowadays, it is mostly preserved in the monasteries and is being brought back by many of our parishes. After the Liturgy you are invited to participate in this Order.

When the disciples of the Lord asked him to teach them how to pray (Luke 11:1-13), He left us with what we refer to as the Lord’s Pray – the “Our Father”. In this prayer we pray as a community or family, we do not say “My Father who is in Heaven...” we pray: “Our Father...” We ask God to forgive us our trespasses as we forgive those who trespass against us.

Before beginning our Great Lent Journey, together as a parish community or family, it is important for us to express our desire to seek forgiveness for anything that we may have done; that may have hurt or offended another in the past year or during our lifetime. It is also important to extend our forgiveness to others so that we can be free of these heavy burdens, and walk together as a family and as true sons and daughters of God!

This Communal Right of Mutual Forgiveness is not the Mystery/Sacrament of Reconciliation (Confession) nor does it replace that Mystery/Sacrament, but rather is a tangible sign to each other of our willingness to forgive. It is a moment during which we can experience being forgiven as well as extending forgiveness. Hence there is no need to name our offenses, but rather with total sincerity in our hearts we say to each other: “Forgive me my brother/sister” and answer with sincerity and love, “May God have mercy on you and know that I forgive you.”



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

**DO YOU LIVE IN GREATER VANCOUVER?  
HAVE YOU MOVED INTO GREATER VANCOUVER RECENTLY?**

**We encourage you to register your name and address and e-mail with the parish.** People come to arrange for baptisms, marriages, funerals, or special blessings. Only then do the fathers discover that they have been participating in the Liturgical Services for years but have not registered as Parishioners. We may recognize you, we may see you in church but we do not know your name or address. **Please print your name, address, telephone number, e-mail and postal code** on your donation envelope, or contact the Parish Office.

**REMEMBER:** To be considered a member of this Parish one must be registered in the Parish, attend the Divine Liturgy regularly and make regular contributions to maintain the Parish.

**To Request Prayers for:** yourself, your family, or a friend - please submit the name to the Parish Office or place a note and on the collection plate.

**Пам'ятайте помолитися:** за Вашу родину, за членів Парафії, а особливо за тих які знаходяться в лікарнях, або тих що очікують Божої відповіді на їхні молитви, або радіють Божою відповідю, або за тих які відзначають уродини, або роковини, або за тих що покликані до їхньої вічної винагороди, або за родину яку вони залишили.

**Remember to pray for:** your family; fellow parishioners; those confined to their hospital beds or their homes; those seeking God's guidance or rejoicing with God's favour; or for those celebrating a birthday or anniversary; or have been called to their eternal reward or for the family they leave behind; as well as any other need.

**Please remember in your prayers:** Bishop Severian Yakymyshyn, OSBM, Fr. Steven Basarab, Mary Balsevicius, Joseph Bayduza, Frances Bethune, Mary Earl, Catherine Hladij, Alice Humenick, Bohdan Karpinski, Brian Kluchkowsky, Karlo Kozy, Emily Kuzyk, Bodzie and Shirley Lawryshyn, Oscar Lyseyko, Ben Marchinkow, Jason Obuck, Orest Obuck, John Pura, Mary Scott, Kaiya Williams, Leon Woznow, Tiny Zarski.

**Please Visit:** our Parishioners in their homes or in the hospital. They need your visit, your phone call, as well as your prayer.

**If there are people you visit requesting our prayers, please call the Parish office.**

**ALSO, pray for vocations to the priesthood and religious life.**

**The Catholic Health Association of BC will be awarding two bursaries of \$250 for two 2013 graduating students enrolled in a Catholic secondary school, or who are a member of a BC or Yukon parish and enrolled in a public secondary school, or home-schooled.**

Students are to submit a 500 word essay demonstrating an awareness and understanding of the significance of Spirituality in Health Care. Submissions must be received on or before March 15<sup>th</sup>, 2013. More details can be found at the CHABC website: [www.chabc.bc.ca](http://www.chabc.bc.ca) under upcoming events.

**HIS BEATITUDE SVIATOSLAV HAS INVITED YOU TO KYIV IN 2013!**

His Beatitude, our Patriarch Sviatoslav, has invited the faithful of the Ukrainian Catholic Church to make a pilgrimage to Kyiv in 2013 to celebrate the 1,025th anniversary of the baptism of Kyivian-Rus, Ukraine! The major celebration will be a special Divine Liturgy on Sunday August 18 at the Holy Resurrection Sobor in Kyiv. Join Metropolitan Lawrence Huculak, OSBM of Winnipeg and Bishops David Motiuk of Edmonton, Ken Nowakowski of New Westminster and Bryan Bayda, C.Ss.R. of Saskatoon on an official pilgrimage to Ukraine 7-21 August. The Pilgrimage will begin in Western Ukraine visiting Lviv, Zarvanytsia, and Ternopil before proceeding to Kyiv for the major celebrations. In the next few weeks more details will be announced as soon as the program is finalized. Solaway Travel has been commissioned to assist our Church in arranging for our travel plans and accommodations on this pilgrimage. To express your interest in being part of this very exciting pilgrimage with our Bishops please contact:

Myrna Arychuk of Solaway Travel: 3819 Sunset Street, Burnaby, BC V5G 1T4

Tel: 604.430.6789 Fax: 604.430.2244. [myrna@solawaytravel.com](mailto:myrna@solawaytravel.com),

**Це пригадка для всіх вірних.** Просимо приходити вчасно на Службу Божу. Будьмо готові разом заспівати початковий гімн. Зрозумійте, якщо Ви прийдете до Церкви після Великого Входу, Ви пропустили більшу частину Служби Божої, і дійсно не вислухали приписаної Служби Божої на неділю.

**Церковна Етика:** Будьмо свідомі, що беручи участь у Св. Літургії ми мусимо одержати кінцеве Благословення перед тим як ми залишимо Службу Божу. Ми рівнож просимо не виходити з Церкви перед закінченням Служби Божої. Ми просимо Вас не спілкуватися в Церкві перед, під час і після Служби Божої. Прошу це робити в притворі Церкви або у Вітальні під церквою. Залишім наву (Nave) церкви для вірних які моляться.

**A SPECIAL NOTE to ALL PARISHIONERS:** Please come on time for the Divine Liturgy. Realize that when you come into the Church proper after the Great Entrance, you have missed most of the Divine Liturgy and have not really attended the prescribed service for a Sunday.

**Church Etiquette:** Just a reminder that to have attended the entire Divine Liturgy one must be in Church and have heard the reading of the Gospel as well as the homily, participated in the responses for the consecration and received the final Blessing before leaving the church. We also ask that you do not visit in the main part of the Church (the Nave) before during or after the Service. Please use the Vestibule or the Fellowship room to conduct your conversations - leave the Church proper for those that want to pray.

**Prayer for the Beatification of the Servant of God Metropolitan Andrey:** Our Lord Jesus Christ, You always reward Your faithful servants, not only with special gifts of Your love, but also with the eternal reward of the saints in heaven, and in many cases You grant them the recognition of sanctity by Your Church here on earth. We humbly pray: grant that Your faithful servant Metropolitan Andrey be numbered among the saints. Throughout his just life, “full of suffering and trials,” he was a good shepherd for his flock and a great labourer for Christian unity. And through his beatification and intercession, grant our entire people the great gift of unity and love. Amen. [www.sheptytskyinstitute.ca](http://www.sheptytskyinstitute.ca)

*PRAYER FOR VOCATIONS - Almighty and Merciful God, Inspire those You have chosen To hear and answer Your call to the Priesthood and Religious Life. Give them the courage to be the prophets for our times. Give them the wisdom and openness to live their personal call. Give them the strength to be ready witnesses of Your love and care for the world. May they find support and encouragement in our words and in our prayers. Through the intercession of Mary, the Mother of God and all the Saints. Amen.*

**Pre-order your historic DVD of Major Archbishop Sviatoslav's visit to our parish on September 1.** The cost of this commemorative DVD is \$10. This DVD contains the complete Divine Liturgy celebrating Bishop Budka's hundredth anniversary of arrival to Canada. Please indicate how many copies you would like. The DVD will be available sometime in February of 2013.

### **ANNOUNCEMENT**

“What good is fasting from food if we do not fast from sins? What good is it to be careful not to eat meat on Fridays and maybe even on Wednesdays and yet be unconcerned about the violence we are doing to the poor and misunderstood? What gain have we if we avoid wine but still become drunk with material pleasures or pleasures of the flesh?” St. John Chrysostom

**The Sunday of Forgiveness** is also known as **Cheese-fare Sunday**. This was the last day that dairy products would be consumed before the Holy Day of Resurrection. The Great Lenten or Fast begins the following day, Monday. On Sunday evening we begin to add to our daily Prayer – the Prayer of Forgiveness or the prayer of St. Ephrem accompanied by prostrations. This prayer directs us further on the path of repentance and helps us to acknowledge our sin(s) and our need for forgiveness from God and as well from our brothers and sisters in Christ.

**What is Lent?** Lent is the forty-day liturgical season of special prayer, fasting, and almsgiving in preparation for Easter. The name "Lent" is from the Middle English and Anglo-Saxon language meaning spring; its more primitive ecclesiastical name was "forty days," *tessaracoste* in Greek. The number "forty" is first noted in the Canons of Nicaea (A.D. 325), following Jesus' fast in the desert before His public ministry (with Old Testament precedent in Moses and Elijah). By the tenth century, most faithful practiced a six day fast for six weeks (Sundays were excluded) and concluded on or before the days of the Passion of Christ.

## Families can make Lenten memories:

Great Lent offers opportunities to pass on and share your faith with your children. Here are some ideas for making Lenten memories:

- Pray together. Even if it is just an Our Father or Hail Mary – it unites the family.
- Let each family member mention one person or problem that they would like to pray for in a special way at dinnertime.
- Take the children grocery shopping for the poor. Let them help you bring the food to your parish collection box or the local food bank.
- Let children light a candle at church for people throughout the world who are sick or hungry.
- Sample Lenten food favourites, such as hot cross buns or pretzels. If you are really adventurous, check the Internet for recipes and make your own!

**Lenten fast and abstinence: *No dairy products or meat* are consumed on the ***First day of Great Lent and Good Friday***. This applies to all Catholics 14 and older and younger than 60 years of age.**

**Days of abstinence:** refers to all Fridays during the year except when it follows a major Feast day when the Ukrainian Catholic abstains from eating meat.

**Days of Fast:** are when the penitent consumes one full meal such as on ***First day of Great Lent and Good Friday***. Two smaller meals are permitted, but the smaller meals should not equal a second full meal. Coffee, tea and water do not affect the fast. Snacks between meals are not allowed. This applies to all Catholics 14 and older and younger than 60 years of age.

**What almsgiving *really* means:** Giving is an important part of Great Lent. Most often it will mean giving money to Catholic charities or other good causes.

But the concept of almsgiving goes much deeper. It is our response to the teachings of Jesus that encourage us to help people in need—not just with money—but our time and our talents. Today we might call it '[stewardship](#).'

During Great Lent we are to cultivate a spirit of generosity, sharing what we have with the less fortunate – strengthening all the members of the Body of Christ. "It is more blessed to give than to receive" (Acts 20:35)

**Bless me, Father, for I have sinned...** If you have not gone to confession in a while, as Great Lent begins, this is the perfect time to reconcile yourself with God and the Church.

Preparation for confession should include an examination of conscience. This means you recall the sins you have committed since your last confession.

Most people begin their confession with: "Bless me, Father, for I have sinned. It has been (state the number of days, months or years) since my last confession."

If you cannot remember the words or you do not recall how long it has been,

do not worry. Just tell the priest it has been a long time, and he will guide you through the process.

What you will experience is the healing gift of God's love, the chance to start over with a clean conscience, and an overwhelming sense of gratitude.

### **Pretzels: A Lenten treat:**

Pretzels originated in Europe during the Middle Ages. A monk was making unleavened bread for Lent with flour and water because eggs, milk and lard were not consumed as part of the Lenten fast. He twisted some of the dough into the shape of people praying with both arms folded across their chests. He decided it would be a perfect treat for children learning to say their prayers. He called the treats pretiola, the Latin word for "little reward."

### **10 tips for making the season more meaningful:**

1. **Slow Down** - Set aside at least 10 minutes a day for silent prayer or meditation. It will revitalize your body and your spirit.
2. **Read a good Christian book** - You could choose the life of a saint, a spiritual how-to, an inspirational book or one of the pope's new books.
3. **Be kind** - Go out of your way to do something nice for someone every day.
4. **Get involved** - Attend a Lenten lecture or spiritual program.
5. **Volunteer at your parish** - Whether it is the parish fish fry, cleaning the church or helping with some activity within the Parish, it will give you a chance to help others.
6. **Reach out** - Invite an inactive Catholic to come with you to church or even to receive the Mysteries (Sacraments) in our church.
7. **Pray** - Especially for people you do not like and for people who do not like you.
8. **Tune out** - Turn off the television and spend quality time talking with family members or friends.
9. **Clean out closets** - Donate gently used items to the St. Vincent de Paul Society.
10. **Donate** - Then pick one mission and decide how you can help by sending money, clothing or supplies.

### **A Different Kind of Prayer**

Heavenly Father, help us remember that the jerk who cut us off in traffic last night is a single mother who worked nine hours that day and is rushing home to cook dinner, help with homework, do the laundry and spend a few precious moments with her children.

Help us to remember that the pierced, tattooed, disinterested young man who can not make change correctly is a worried 19-year-old college student, balancing his apprehension over final exams with his fear of not getting his student loans for next semester.

Remind us, Lord, that the scary looking bum, begging for money in the same spot every day (who really ought to get a job!) is a slave to addictions that we can only imagine in our worst nightmares.

Help us to remember that the old couple walking annoyingly slow through the store aisles and blocking our shopping progress are savouring this moment, knowing that, based on the biopsy report she got back last week, this will be the last year that they go shopping together.

Heavenly Father, remind us each day that, of all the gifts you give us, the greatest gift is love. It is not enough to share that love with those we hold dear. Open our hearts not to just those who are close to us, but to all humanity. Let us be slow to judge and quick to forgive, show patience, empathy and love.

## **CONVERSION OF THE HEART – ‘The Way of Repentance’**

By Irma Zaleski, 2003 Novalis, St. Paul University, Ottawa, ON,

**Read slowly, reflect and meditate**

### **Compunction**

Awareness of having sinned does not lead us to guilt or remorse, but to what the Christian Tradition calls compunction. Compunction – more often called contrition in the West – in its literal sense means a “pricking,” a quick, “clean” piercing through of the heart by the awareness that one has done something wrong. It is an acute realization of our responsibility for something we have done or failed to do and of our need to confess it, ask forgiveness for it and make amends. Compunction is the voice of our conscience; it alerts us to the fact that something is “off,” that we are on the wrong path, that we have sinned. It calls us not only to grieve over the selfishness and emptiness of our lives, but also to change them.

For it is essential for us to remember that the belief in God's infinite mercy and power to forgive must never be used as an excuse for not struggling with the evil that is in our hearts or lives with all the strength that we have. We cannot simply “weep” over the sins we have committed and go on living our lives “like the pagans do,” as Christians have so often been, justly, accused of doing. God who sees our hearts will not be fooled. When we embrace the way of conversion we commit ourselves to strive every day to turn our lives, as well as our hearts, back to God.

On the other hand, we need to be always aware of the danger of falling into the wrong kind of guilt. We need to hold on to our conviction that we are always within the “operation of God's grace”; that God is always ready to receive us back, whenever we truly ask for his help and mercy. Our willingness to be open to the voice of our conscience and our never-ending struggle to change our lives will not lead us to despondency and self-blame, but will help us to discern what is really going on in our hearts: what needs

to be affirmed and rejoiced in, what needs to be consoled and healed, what needs to be rejected and what needs to be forgiven.

This is why repentance has been called a way of “making friends” with ourselves. When we come into the presence of God and experience the reality of his mercy and love, we can also begin to know and love ourselves as God knows and loves us. We are able to realize more clearly our failures and sins, our need for true conversion of heart; but we also learn to accept the truth of ourselves and surrender ourselves totally, just as we are – the good and the bad – into God's hands and be at peace.

## **CONVERSION OF THE HEART – ‘The Way of Repentance’**

By Irma Zaleski, 2003 Novalis, St. Paul University, Ottawa, ON,

**Read slowly, reflect and meditate**

### **Prayer of Repentance**

If we can understand repentance in this way – as a way of turning away from ourselves and surrendering to God – we can also understand why we cannot do it alone. True repentance is always a sign of the presence of the Holy Spirit working in us. The Gospel tells us that Christ's call to repentance – and John the Baptist's before him – was made in the power of the Spirit. (Luke 4:14) We cannot enter or persevere on the way of repentance unless we are summoned and sustained by God. Repentance is the life of the Spirit within us, a life of truth and love. In other words, it is a life of prayer.

We repent, we walk the path of conversion, in order to return to God and live in God's presence. Repentance that is not prayer, that is not a way of entering into the presence of God, is not and never can be true repentance. It is not a way of love; it could be instead a way of guilt and self-condemnation that so many people today consider it to be.

However, the opposite is also true, I think. In a very real sense, prayer that is not repentance is not true prayer. To put it another way, every true prayer leads us to repentance. Every time we stand before the face of God, every time we approach the mystery of God's presence, how can we not repent? When we look at God and God looks at us, how can we fail to realize, with ever-greater clarity, the pain of our alienation and poverty? How can we not ceaselessly long for mercy and love? How can we help repenting?

Repentance – conversion of the heart – does not mean being filled and tormented by guilt. Rather, it is a readiness to become aware of all that goes on within our hearts and to admit our responsibility for our actions and thoughts. It means recognizing our need for forgiveness and making a firm commitment to change our lives. Above all, it means turning to God in prayer and in love, and thus opening ourselves to the work of the Spirit in us and embracing fully the gift of our salvation.

## 1 Corinthians – a modern "Easter" adaptation

If I decorate my house perfectly with Easter eggs, pussy willows, even an icon or two, but do not show love to my family, I am just another decorator.

If I slave away in the kitchen, baking many paskas & babkas, making butter lambs, even shop for meats & cheese and arrange a beautifully adorned Easter basket, but do not show love to my family, I am just another cook.

If I work at the soup kitchen, sing hymns galore in the nursing home and give all that I have to charity, but do not show love to my family, it profits me nothing.

If I attend a myriad of Easter gatherings and sing in the choir's cantata but do not focus on Christ, I have missed the point.

Love stops the cooking to hug the child. Love sets aside the decorating to kiss the husband. Love is kind, though harried and tired. Love does not envy another's home that has coordinated china and table linens. Love does not yell at the kids to get out of the way.

Love does not give only to those who are able to give in return but rejoices in giving to those who cannot give.

Love bears all things, believes all things, hopes all things, and endures all things. Love never fails. Rather, giving the gift of LOVE will be forever!

### **In Malachi 3:3 we read: "He will sit as a refiner and purifier of silver."**

This verse puzzled some women in a Bible study and they wondered what this statement meant about the character and nature of God. One of the women offered to find out the process of refining silver and get back to the group at their next Bible Study.

That week, the woman called a silversmith and made an appointment to watch him at work. She did not mention anything about the reason for her interest beyond her curiosity about the process of refining silver.

As she watched the silversmith, he held a piece of silver over the fire and let it heat up. He explained that in refining silver, one needed to hold the silver in the middle of the fire where the flames were hottest as to burn away all the impurities.

The woman thought about God holding us in such a hot spot then she thought again about the verse that says: "He sits as a refiner and purifier of silver." She asked the silversmith if it was true that he had to sit there in front of the fire the whole time the silver was being refined. The man answered that yes, he not only had to sit there holding the silver, but he had to keep his eyes on the silver the entire time it was in the fire. If the silver was left a moment too long in the flames, it would be destroyed.

The woman was silent for a moment. Then she asked the silversmith, "How do you know when the silver is fully refined?"

He smiled at her and answered, "Oh, that is easy – when I see my image in it."

*Просимо всіх Парафіян приносити продукти для потребуючих, які не псуються (non-perishable) в першу і третю неділю кожного місяця. Просимо допомагати!*



*Food Bank Donations: We encourage all parishioners to contribute to the Food Bank on the first and third Sundays of every month. PLEASE ADD YOUR SUPPORT.*

## My prayer

Dear Lord,

Every single evening as I am lying here in bed,  
This tiny little Prayer keeps running through my head.

God bless all my family wherever they may be,  
Keep them warm and safe from harm for they are so close to me.

And God, there is one more thing I wish that you could do,  
Hope you do not mind me asking please bless my computer too.

Now I know that it is unusual to bless a motherboard,  
But listen just a second while I explain it to you, Lord.

You see that little metal box holds more than odds and ends,  
Inside those small compartments rest so many of my friends.

I know so much about them by the kindness that they give,  
And this little scrap of metal takes me in to where they live.

By faith is how I know them much the same as you,  
We share in what life brings us and from that our friendships grew.

Please take an extra minute from your duties up above,  
To bless those in my address book that is filled with so much love.

Wherever else this prayer may reach to each and every friend,  
Bless each e-mail inbox and each person who hits send.

AMEN

If today you are feeling the heat of the fire, remember that God has His eye on you and will keep watching you until He sees His image in you.

"Life is a coin. You can spend it any way you wish, but you can only spend it once."

**What are you doing for Lent this year?** Ask Catholics what they're doing for Lent this year, and they'll probably tell you that they are giving up a favorite food, a favorite pastime or anything else they really love but isn't essential in their lives.

Giving up something for Lent fosters self-discipline and tempers our desires. It is a form of fasting. It is a form of penance. It promotes spiritual growth.

If you're giving up something for Lent, that's great. But think also about the possibility of doing something positive to bolster your spiritual life and make the world a better place. Look for ways that you can increase your knowledge of your faith, strengthen your spiritual life or perform special acts of mercy and kindness at home, at work, in your parish or in your community

## ARE YOU 15 –18 YEARS OLD?

Did you enjoy your time at Camp Saint Volodymyr on lake Okanagan?

**THINK ABOUT GOING TO BUDKA CAMP!**

**Ukrainian Catholic Teen Camp – “BUDKA CAMP” – at Camp Latona  
July 7–12, 2013**

The Ukrainian Catholic Eparchy of New Westminster is sponsoring an outdoor leadership camp for youth between the ages of 15 and 18 at the Camp Latona. The camp will be from July 7 to 12 and will include an extensive outdoor program along with Ukrainian Catholic Catechism and Liturgy. The staff at Camp Latona will organize activities such as canoe rescue, making temporary shelters, orienteering and wilderness first aid techniques while members of our Ukrainian Catholic community provide spiritual guidance.

**Registration:** We are accepting registration immediately. Contact Jennifer Sawka at 604.220.0584 or jennsawka@hotmail.com for your registration form. Register with the Eparchy – not Camp Latona. Make Cheque payable to: Ukrainian Catholic Eparchy of New Westminster.

Please mail it to the Eparchial office: Youth Camp 502 – 5th Avenue, New Westminster, B.C. V3L 1S2

### **Cost:**

- **\$300 if you register before March 1**
- \$350 if registered between March 2 and March 14
- **\$400 if you register after March 14**
- includes food and accommodations but not transportation.

**Camp Facilities:** Camp Latona is situated on Gambier Island in Howe Sound



between Vancouver and Squamish. It has 118 acres of forested land and 3500 feet of shoreline. The camp has a zipline, upper and lower rope course, a games room and canoes.

**For more information** about the camp facilities please visit the website: [www.camplatona.com](http://www.camplatona.com)

**Dear parishioners** please consider making a financial

donation for Budka Camp to offset some of the costs the Eparchy will have in sponsoring this camp. The registration fee will not cover all the costs associated with the Camp. Make cheques payable to "Eparchy of New Westminster" with the notation: “ Camp Budka.” Income tax receipts will be issued for donations of \$20.00 or more.

*Come and Join Us  
For lunch, prayer and conversation*

# ***TOPIC: Death and Dying***

*We will explore the ethical teaching of the Catholic Church on Dying,  
the process of grieving and our Services for the Dead*

**Date: Sunday, February 24, 2013**

**Location: Richmond Funeral Home  
8420 Cambie Road  
Richmond, BC**

**This event is from 1 pm - 4 pm for adults only**

**Register for this session now until February 17**

*Early bird registration rates accepted until February 10*

Registration forms are available in your parish

**For further information on any Generations of Faith  
event, or to arrange for transportation to the event  
speak to your parish contact person:**

**CAROL ACHTEMICHUK @ 604-980-4680**

**More information is available @ [www.nweparchy.ca](http://www.nweparchy.ca)**

**KNOW YOUR FAITH....LIVE YOUR FAITH**

**Presented by  
Eparchy of New Westminster  
and  
Generations of Faith**



# ST. MARY'S UKRAINIAN CATHOLIC PARISH UKRAINIAN CATHOLIC WOMEN'S LEAGUE 2013 EASTER FOOD PRE-ORDER FORM

We will be holding our **Paska Sale** on *Saturday March 23, 2013*. Sales start at 11:30 AM to 2:00 PM. We are offering you an opportunity to place your (**pre-paid only**) orders ahead of time for pick-up on Saturday.

**Doors will NOT open early to anyone.**

**LAST DAY FOR PRE-PAID ORDERS IS MONDAY, MARCH 18, 2013**

*\*PICK-UP TIME: March 23 at 11:30 AM*

Mark the quantity of items you would like to order, place the order **along with your payment** in an envelope with the word **"order"** on the outside and drop it in the collection basket on Sunday or return to the Parish Office by **March 17, 2013**.

<u>ITEM</u>	<u>SIZE and</u>	<u>PRICE</u>	<u>QUANTITY</u>	<u>TOTAL</u>
PASKA	Medium	\$ 7.00	_____	_____
	Large	\$ 9.00	_____	_____
BABKA	Medium	\$ 5.00	_____	_____
	Large	\$ 7.00	_____	_____
SAUSAGE	One size	\$ 8.00	_____	_____
CABBAGE ROLLS	1 Doz.	\$ 6.00	_____	_____
PYROHY (frozen)	1 Doz	\$ 5.00	_____	_____
BEETS/HORSERADISH	Small	\$ 4.00	_____	_____
	Medium	\$ 5.00	_____	_____
	Large	\$ 6.00	_____	_____
<b>TOTAL ENCLOSED</b>				_____

**PLEASE PRINT: *\*\*Please make cheques payable to: St. Mary's Parish-UCWLC***

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ Best time to call: \_\_\_\_\_

For further information contact: Marlayne Andrijaszyn 604-274-3164  
OR Olga Kochan 604-274-9804 'THANK YOU FOR YOUR ORDER'