



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*

17 Лютого, 2013

Volume 58 No. 07

February 17, 2013

550 West 14 Avenue
Vancouver, BC V5Z 1P6
E-Mail: office@stmarysbc.com

Phone: 604.879.5830
Fax: 604.874.2727
Website: www.stmarysbc.com

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

оо. Василіяни/Basilian Fathers
serving this Parish

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

Перша Неділя Посту
Йоана 1:43-51



First Sunday of Lent
John 1:43-51

**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 Лютень

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 допоможим, щоби наші лавки були чисті й акуратні.

- Тропарі і читання в рожевій книжці на - стор. 5, 6 і 7

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.

Сьогодні – Неділя, 17 Лютень: 10:30 рано – Парафіяльна Катехитична програма зараз по Євангелії під час Служби Божої.

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

Понеділок, 18 Лютень:

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

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

Четвер, 21 Лютень:

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

П'ятниця, 22 Лютень:

– 8:25 рано – Служби Божої не буде.

– 7 вечора – Заупокійна Служба Божа і Сорокоусти.

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

Четвер, 28 Лютень:

– 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 BUZZARD, THE BAT, THE BUMBLEBEE and PEOPLE

THE BUZZARD: If you put a buzzard in a pen that is 6 feet by 8 feet and is entirely open at the top, the bird, in spite of its ability to fly, will be an absolute prisoner. The reason is that a buzzard always begins a flight from the ground with a run of 10 to 12 feet. Without space to run, as is its habit, it will not even attempt to fly, but will remain a prisoner for life in a small jail with no top.

THE BAT: The ordinary bat that flies around at night, a remarkable nimble creature in the air, cannot take off from a level place. If it is placed on the floor or flat ground, all it can do is shuffle about helplessly and, no doubt, painfully, until it reaches some slight elevation from which it can throw itself into the air. Then, at once, it takes off like a flash.

THE BUMBLEBEE: If dropped into an open tumbler, will be there until it dies, unless it is taken out. It never sees the means of escape at the top, but persists in trying to find some way out through the sides near the bottom. It will seek a way where none exists, until it completely destroys itself.

PEOPLE: In many ways, we are like the buzzard, the bat, and the bumblebee. We struggle about with all our problems and frustrations, never realizing that all we have to do is look up! That is the answer, the escape route and the solution to any problem!

Just look up! Sorrow looks back. Worry looks around. But faith looks up! Live simply, love generously, care deeply, speak kindly and trust in our Creator who loves us.

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: 5, 6 & 7

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.

TODAY: 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.

Thursday, February 21: “THE CREED” A STUDY OF OUR FAITH” BEGINS at 7 pm in the Fellowship Room. Workbook – \$29.00 each. Other material will be provided.

Friday, February 22: – 8:25 am Divine Liturgy – cancelled
– 7 pm – Memorial Divine Liturgy and Sorokousty.

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. Forms are available on the Eparchy website @ nweparchy.ca.

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

Thursday, February 28: “THE CREED” A STUDY OF OUR FAITH” BEGINS at 7 pm in the Fellowship Room. Workbook – \$29.00 each. Other material will be provided.

We extend our thank you to all the parishioners, friends and relatives for helping make this year's Pushchenya a successful parish fundraiser.

Pushchenya Committee

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.

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!

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.

ATTENTION SPECIAL NOTICE TO ALL WOMEN AND MEN OF THE PARISH!

PREPARATIONS FOR EASTER BAKE SALE – The members of the UCWLC and Women of the Parish (and men) are asked to come out to help on the following days:

Baking Paska: Monday, February 25 at 9:00 am.; Monday, March 4 at 9:00 am.

Note: The one Saturday session, March 2 – open to all young parishioners to learn the art of Paska baking. For more information call Marlayne 604.274.3164

Baking Babka: Wednesday, March 6, Thursday, March 14 (Sessions start at 9:00 am)

Making Pyrohy: Wednesday, February 20, February 27 (Sessions start at 9:00 am)

Cabbage Rolls: Wednesday, March 13, March 20 (Sessions start at 9:00 am)

Beets: Friday, March 8 at 9:00 am

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 відповіддю, 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 15th, 2013. More details can be found at the CHABC website: www.chabc.bc.ca under upcoming events.

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

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.

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 Bishops of Canada 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,

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

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.

**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.

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.

POPE RENOUNCES PAPAL THRONE

Vatican City, 11 February 2013 (VIS) – The Holy Father, at the end of today's consistory for causes for canonization, announced his resignation from ministry as Bishop of Rome to the College of Cardinals. Following is the Holy Father's complete declaration, which he read in Latin:

"I have convoked you to this Consistory, not only for the three canonizations, but also to communicate to you a decision of great importance for the life of the Church. After having repeatedly examined my conscience before God, I have come to the certainty that my strengths, due to an advanced age, are no longer suited to an adequate exercise of the Petrine ministry. I am well aware that this ministry, due to its essential spiritual nature, must be carried out not only with words and deeds, but no less with prayer and suffering. However, in today's world, subject to so many rapid changes and shaken by questions of deep

relevance for the life of faith, in order to govern the barque of Saint Peter and proclaim the Gospel, both strength of mind and body are necessary, strength which in the last few months, has deteriorated in me to the extent that I have had to recognize my incapacity to adequately fulfil the ministry entrusted to me. For this reason, and well aware of the seriousness of this act, with full freedom I declare that I renounce the ministry of Bishop of Rome, Successor of Saint Peter, entrusted to me by the Cardinals on 19 April 2005, in such a way, that as from 28 February 2013, at 20:00 hours, the See of Rome, the See of Saint Peter, will be vacant and a Conclave to elect the new Supreme Pontiff will have to be convoked by those whose competence it is."

"Dear Brothers, I thank you most sincerely for all the love and work with which you have supported me in my ministry and I ask pardon for all my defects. And now, let us entrust the Holy Church to the care of Our Supreme Pastor, Our Lord Jesus Christ, and implore his holy Mother Mary, so that she may assist the Cardinal Fathers with her maternal solicitude, in electing a new Supreme Pontiff. With regard to myself, I wish to also devotedly serve the Holy Church of God in the future through a life dedicated to prayer."

COMPOSITION OF THE CONCLAVE

Vatican City, 11 February 2013 (VIS) – The conclave to elect the successor of Benedict XVI will be regulated by the "Ordo Rituum Conclavis" established by John Paul II's apostolic constitution "Universi Dominici Gregis", para. 27. The Cardinal Camerlengo, who has a fundamental role during the Sede Vacante period, is Cardinal Tarcisio Bertone, appointed by Benedict XVI on 4 April 2007.

The Cardinal electors, by their continents of provenance, will be 61 Europeans, 19 Latin Americans, 14 North Americans, 11 Africans, 11 Asians, and 1 from Oceania. These figures may vary depending on the date that the conclave opens: for example, Cardinal Walter Kasper will turn 80 on 5 March. The country with the greatest number of Cardinal electors is Italy, with 21. Sixty-seven of the electors were created by Benedict XVI and the remaining 50 by John Paul II.

One of John Paul II's innovations regarding the period of conclave is that the Cardinal electors of whom there will be 117 on 28 February will be housed in the Vatican residence Casa Santa Marta, which is independent from the place where they vote, the Sistine Chapel.

The Cardinal electors must remain in the Vatican during the entire period of conclave, and no one can approach them when they move from the Sistine Chapel to their place of residence or vice versa. All forms of communication with the outside world are prohibited. As in the past, the Sistine Chapel stove will be used to burn the ballots after each vote.

CONVERSION OF THE HEART – ‘The Way of Repentance’

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

Read slowly, reflect and meditate

Salvation

For many Christians, salvation – “being saved” seems to mean, above all, a promise to be “saved” from our “just desserts”: from the consequences of our sins. In other words, salvation is often understood as a means to an end, as a way of escaping hell and getting a “ticket” to heaven. It is as if going to heaven should be desired primarily because it saves us from going to hell. A wise old priest used to say that most Christians “back themselves into heaven.” They are so preoccupied with trying to back away from hell that they eventually “stumble backwards” into heaven!

Yet, the salvation that Christ's death and resurrection has brought us, that which the Gospel proclaims and that which the Church has taught from the beginning, is not a means to an end – a way of avoiding pain – but the end itself, a treasure beyond price, a pearl for which we are ready to give up all things. It is a gift of life – eternal, glorious, overflowing with love, radiant with joy, open to us now, this very moment, to embrace and to live. It alone fulfills all our desires, answers all our needs.

Salvation restores to us – today – to the vision of God, the gift of his presence, that we were meant to enjoy every moment of our existence, and that, through the mystery of free will– of sin – humanity has lost or obscured this vision. Salvation opens to us again the gates of Paradise. It places us where Adam and Eve were when they approached the tree of good and evil, at the point where they had to choose whether to accept the command of God or to listen to the lie of the Adversary (Satan) and turn away from God. Salvation is simply, miraculously, our “second chance” to participate in the life of God. It is our return to Paradise.

Seen from that perspective, the sin of which the Spirit “convicts the world” (John 16:8) is much more than any specific wrong we have committed or may commit, or even the sum total of them all. It is more than breaking this or that commandment, for which we might be punished and which, therefore, should be avoided and regretted.

Sin, in the sense that the Tradition of the Church understands it, is the fundamental cause of all our individual sins, the source from which they all spring. As we have already said, sin is our failure to love and trust God. It is the human condition, the state of separation from God.

CONVERSION OF THE HEART – ‘The Way of Repentance’
By Irma Zaleski, 2003 Novalis, St. Paul University, Ottawa, ON,
Read slowly, reflect and meditate

Lost Paradise

According to the biblical tradition, the world was created by love: that is, by bringing together all the scattered elements of the unformed universe – the primeval chaos – and molding them into a unity. At “the beginning,” all created beings were in communion with each other. There was no sense of separateness, greed, fear or shame. This was the primeval state of love: the Garden of Eden of the Old Testament, the Paradise where “the Lord walked in the cool of the evening” (Genesis 3:8) and all beings were his friends – fully aware, fully present to him and to each other.

All that changed, however, when our first parents sinned. By eating the forbidden fruit, the first sin of self-assertion and self-love – by choosing one's own will, one's own apparent good over the will of God – the primeval unity was “scattered” again, and evil. The great tragedy of separation and division, was let loose upon the world. Human beings became closed in, imprisoned within the walls of their own selves, ignorant of their fundamental unity. Their minds were darkened, their hearts filled with mistrust: they became estranged from God and from one another.

They lost their vision of God: of God's beauty, perfection and merciful love.

It is hard for us to understand how Adam and Eve could have done that – how, having experienced God's friendship and love, surrounded by the beauty and goodness of creation, they could have listened to the voice of the “Father of Lies” who accused God of jealousy and deception; how they could have believed that God forbade them to reach for the fruit of knowledge of good and evil in order to protect his own power! But they did. In this lies the mystery of human freedom. Because they did, sin entered the world and the unity of all things was broken.

Dealing with Stress

A young lady confidently walked around the room with a raised glass of water, explaining stress management to an audience. Everyone thought she was going to ask the ultimate question, 'Half empty or half full?'

She fooled them all! "How heavy is this glass of water?" she inquired with a smile.

Answers called out ranged from 8 oz. to 20 oz. She replied, "The absolute weight does not matter. It depends on how long I hold it. If I hold it for a minute, that is not a problem. If I hold it for an hour, I will have an ache in my right arm. If I hold it for a day, you will have to call an ambulance.

In each case it is the same weight, but the longer I hold it, the heavier it becomes." She continued, "And that is the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we will not be able to carry on." "As with the glass of water, you have to put your stresses down for a while and rest before holding them again.

When we are refreshed, we can carry on with the burden - holding stress longer and better each time practiced. So, as early in the evening as you can, put all your burdens down.

Do not carry them through the evening and into the night. Pick them up tomorrow.

CONVERSION OF THE HEART – ‘The Way of Repentance’
By Irma Zaleski, 2003 Novalis, St. Paul University, Ottawa, ON,
Read slowly, reflect and meditate

Dreadful Choice

Yet Adam and Eve still had a choice. For, as our Tradition allows us to believe, had they even then trusted in God's mercy and love, turned back to him and asked for his forgiveness – had they repented – they, like the prodigal son in Christ's parable, would have been accepted and greeted with joy. (Luke 15:11–32) Their inheritance would have been restored to them.

They did not repent, however; they were too afraid. Because they had lost trust in God's love, they did not accept their responsibility for their own sin. They did not ask for God's forgiveness, but blamed each other.

“When God calls Adam, far from crying out with horror and throwing himself before his creator, he accuses the woman ... Man, therefore, refuses his responsibility, throws it onto the woman and finally on God Himself ... Man is not free, he lets it be understood; creation, therefore God, has led him to evil.”
(Vladimir Lossky, Orthodoxy Theology)

The essence of our parents “fall,” therefore, was not that they broke a specific commandment, but that they failed to love and trust God. They became “afflicted,” weighed down with guilt, and afraid. They became fragmented in themselves, estranged from God, from each other and from the rest of creation. They hid from God and were banished from Paradise.

We, too, must carry the same burden. We are the inheritors of our first parents' sin – or, rather, of its consequences. All our lives, we must struggle, not only with fear and guilt, but also with a compulsion to justify ourselves, to hide from the world and even from God. Because we are unable to trust anybody, or anything, and above all else we are not able to trust God, we are compelled to rely on our own resources, to attempt to find our own happiness and fulfill our own desires and needs. We are imprisoned, stranded on an island of our own self. We are all exiles from Paradise.

Sometimes we find this concept difficult to accept. We rebel against it. We think it is unfair. We do not understand why evil must still exist, why we all must bear the results of our first parents' sin. Nevertheless, it is surely so. We see the truth of it in our everyday world, in which we all carry the burden of our parents' sins and our children so often must suffer for ours. This is another painful way in which we experience the mystery of evil in our own lives and must face it again and again.

GOD DOES NOT CONSIDER AS MUCH THE QUALITIES OF THE CHOSEN AS THEIR FAITH

Vatican City, 10 February 2013 (VIS) – As is customary on Sundays, Benedict XVI appeared at the window of his study to pray the Angelus with the faithful gathered in St. Peter's Square.

The Pope commented on the Gospel of St. Luke that narrates the call of the first disciples, a call "preceded by Jesus' teaching to the multitude and by a miraculous catch of fish." While the crowd gathered on the shore of Lake Gennesaret to listen to Him, Jesus, seeing Simon disheartened because he had not caught anything the whole night, asks if He can board his boat to preach to the people a little way from the shore. Once finished preaching, Christ orders Simon to go out to sea with his companions and to cast their nets. Simon obeys and the nets are filled with an incredible amount of fish. The Gospel writer shows that the first disciples followed Jesus, trusting in Him, acting on His Word, while accompanied by prodigious signs. ... This is the pedagogy of God's call, which does not look as much at the quality of the chosen as at their faith, as in Simon's case.

"The image of the catch," the Pope emphasized, "recalls the Church's mission ... Peter's experience, certainly unique, is also representative of the call of each Apostle in the Gospel, who should never lose heart in proclaiming Christ to all people, even to the ends of the earth. Today's text also brings us to reflect on the vocation to the priesthood and to consecrated life. This is God's work. Human beings are not the authors of their own vocation, but respond to a divine call. Human weakness should not lead us to fear God's call. It is necessary to be confident in His strength, which acts precisely in our weakness. We must trust ever more in the power of His mercy, which transforms and renews us."

"May this Word of God also reignite in us and in our Christian communities the courage, confidence, and enthusiasm to announce and witness to the Gospel. Challenges and difficulties do not dishearten us: it falls to us to cast our nets with faith. The Lord will do the rest," concluded the Holy Father.

After praying the Angelus, Benedict XVI noted that many Asian countries are celebrating the Lunar New Year. Peace, harmony, and thanksgiving to heaven, he observed, are the universal values that are celebrated in this happy circumstance, and they are wished for by all so as to build their family, society, and their nation upon them. I wish for those peoples the fulfillment of their aspirations for a happy and prosperous life. I send a special greeting to the Catholics of those countries that, in this Year of Faith, they may be guided by Christ's wisdom.

Lastly, he spoke of the World Day of the Sick, which will be celebrated tomorrow, 11 February, on the liturgical feast-day of Our Lady of Lourdes, (the first day of Great Lent according to the Eastern Catholic Tradition). "The solemn ceremony," he said, "will take place in the Marian Shrine in Altotting, Bavaria, Germany. I am near to all the ill in prayer and affection and I spiritually join with those gathered in that sanctuary that I love so much."

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

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

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	_____	_____
TOTAL ENCLOSED				_____

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'