



Українська Католицька Парафія  
Покрова Пресвятої Богородиці

*Protection of the Blessed Virgin Mary  
Ukrainian Catholic Parish*

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

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28 Квітня, 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 - 30 хвилин перед** Службою Божою  
або наперед домовитися під час тижня

**Confessions - 30 minutes before** the Divine  
Liturgy or by appointment during the week

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

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

Bishop Emeritus

**Неділя про Самарянку**  
**Йоана 4:5-42**



**Sunday of the Samaritan Woman**  
**John 4:5-42**

**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 Квітень**

**Загальний намір:** Віра визнавальна є джерелом життя. Щоб публічне і молитовне визнання віри стало віруючим джерелом життя.

**Місійний намір:** Церкви - знак воскресіння. Щоб місцеві Церкви місійних регіонів були знаком і знаряддям надії і воскресіння.

- Тропарі і читання в синій книжці на стор. 1, 2 і 3

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

**Люди не клякають під час освячення і перед і по Причастю від Воскресіння до Зіслання Святого Духа.**

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

**Сьогодні, 28 Квітень, Неділя: *Неділя про Самарянку***

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

**3 Травень, П'ятниця: *Перша П'ятниця***

- 8:25 ранку – Служба Божа а відтак Молебень до Пречистої Діви Марії.

**5 Травень, Неділя: *Неділя про Сліпонародженого***

- 9:50 ранку – Молебень до Пречистої Діви Марії.

- Парафіяльна Катехитична програма під час Служби Божої в 10:30 рано і буде продовжуватися кожної неділі.

**9 Травень, Четвер: *Свято Вознесіння***

- **Обов'язкове Свято** – в ці дні, кожний католик є зобов'язаний бути присутнім на Службі Божій так як це робимо в неділю.

- Служби Божі – 10-ій рано і 7-ій вечора.

**12 Травень, Неділя: *Святих Отців Нікейського Собору***

- 9:50 ранку – Молебень до Пречистої Діви Марії.

- Парафіяльна Катехитична програма під час Служби Божої в 10:30 рано і буде продовжуватися кожної неділі.

**16 Травень, Четвер:**

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

**19 Травень, Неділя: Зіслання Святого Духа**

- 9:50 ранку - Молебень до Пречистої Діви Марії.

- Парафіяльна Катехитична програма під час Служби Божої в 10:30 рано і буде продовжуватися кожної неділі.

**23 Травень, Четвер:**

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

**FLEA MARKET - Saturday May 25:** Table rentals \$25. Call: Olga: 604-274-9804 or Mary: 604-271-1131 or Marlayne: 604-274-3164.

**26 Травень, Неділя: Перша Неділя по Зіс. Святого Духа - Всіх Святих**

- 9:50 ранку - Молебень до Пречистої Діви Марії.

- Парафіяльна Катехитична програма під час Служби Божої в 10:30 рано і буде продовжуватися кожної неділі.

**27 Травень, Понеділок:**

- 7:00 вечора - Сходина Парафіяльної Ради у Борд Румі.

**30 Травень, Четвер:**

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

**HIS BEATITUDE SVIATOSLAV HAS INVITED YOU TO KYIV for a special Divine Liturgy to celebrate the 1,025th anniversary of the baptism of Kyivan-Rus (Ukraine) on Sunday August 18 2013!** Join the Bishops of Canada on an official pilgrimage to Ukraine 7-21 August. Beginning in Western Ukraine visiting Lviv, Zarvanytsia, and Ternopil before proceeding to Kyiv for the major celebrations. Solaway Travel has been commissioned to assist in arranging travel plans and accommodations. 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),

**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.

**You may purchase a DVD of Major Archbishop Sviatoslav's September 1 visit.** 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.

A quiet, studious parishioner in 4th year University student is looking for room and board close to or along a bus route to UBC for September. Please inform the parish office .

**The Protection of the Blessed Virgin Mary Parish welcomes** all guests, friends, visiting relatives and Parishioners in celebrating this Divine Liturgy together. **We especially welcome Father Joseph Pidskalny, OSBM who is covering for me while I am on retreat and visiting my mother.** May our Lord, through the intercession of our Blessed Lady, the Mother of God, bless you and your family!

**Monthly Papal Intentions for APRIL**

**General Intention:** - Liturgy, Source of Life - That the public, prayerful celebration of faith may give life to the faithful.

**Missionary Intention:** - Mission Churches - That mission churches may be signs and instruments of hope and resurrection.

- **Tropar, Kondak & readings** in the blue booklet pages 1, 2 & 3
- **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.

**WE DO NOT KNEEL** during the consecration as well as **before and after Holy Communion from Easter Sunday to Pentecost Sunday inclusive. WE STAND WHILE EVERYONE COMES TO COMMUNION** - you sit only if you are elderly, weak or ill.

**UNTIL FURTHER NOTICE** - there will be **only one priest serving the parish. To participate in the Mystery of Reconciliation, (Confession), we are encouraging you to come 30 minutes before the Divine Liturgies.** You may also make an appointment to come during the week to the chapel in the rectory.

**TODAY: Sunday, April 28: *Sunday of the Samaritan Woman***

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

**Friday, May 3: *First Friday***

- 8:25 am Divine Liturgy followed by Moleben to the Mother of God.

**Sunday, May 5: *Sunday of the Man Born Blind***

- 9:50 am Moleben to the Mother of God.
- **Parish Catechism Program for Pre-Schoolers** during 10:30 am Divine Liturgy following the reading of the Gospel.

**Thursday, May 9 - *Feast of the Ascension of Our Lord***

- **This is a HOLY DAY OF OBLIGATION** - which means that we have the obligation to attend a Church Service on this day just as on Sundays. Yes, it is a serious (mortal) sin if we intentionally miss.
- **Divine Liturgy in Church 10 am and 7 pm.**

**Sunday, May 12: *Sunday of the Nicean Council Fathers***

- 9:50 am Moleben to the Mother of God.
- **Parish Catechism Program for Pre-Schoolers** during 10:30 am Divine Liturgy following the reading of the Gospel.

**Thursday, May 16: "THE CREED" A STUDY OF OUR FAITH** at 7 pm in the Fellowship Room. Workbook – \$29.00 each. Other material will be provided.

**Sunday, May 19: *Descent of the Holy Spirit - Pentecost***

– 9:50 am Moleben to the Mother of God.

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

**Thursday, May 23: "THE CREED" A STUDY OF OUR FAITH** at 7 pm in the Fellowship Room. Workbook – \$29.00 each. Other material will be provided.

**FLEA MARKET – Saturday May 25:** Table rentals \$25. Call: Olga @ 604-274-9804 or Mary @ 604-271-1131 or Marlayne @ 604-274-3164.

**Sunday, May 26: *Sunday of All Saints***

– 9:50 am Moleben to the Mother of God.

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

**Monday, May 27:**

– **Parish Council Meeting** at 7 pm in the Board Room.

**Thursday, May 30: "THE CREED" A STUDY OF OUR FAITH** at 7 pm in the Fellowship Room. Workbook – \$29.00 each. Other material will be provided.

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!

Special Petition for Vocations - We also pray for those in the religious and monastic or consecrated life and for those in vocation discernment, we pray to the Lord.

CANCER RELAY FOR LIFE - Our parish is once again participating in this annual fundraiser being held on Saturday June 8 at Mahon Park in North Vancouver from 10am-10pm. This is an excellent opportunity to support our church team by giving a donation and even coming out to walk a lap in honour of someone who is battling cancer. We do need your support and need at least 2 more members on our team. Contact Barbara Ballhorn (604-732-3166) for further details.

A quiet, Catholic female student from Mexico, fluent in Spanish, English, speaks intermediate French, and a little bit of German is looking for room and board in a Ukrainian Catholic family as soon as possible. If you can help please call the parish office.

## **YOU ARE INVITED TO PARTICIPATE**

**“THE CREED” A NEW STUDY DURING THIS YEAR OF THE FAITH” on Thursday evening beginning at 7pm**

**This twelve (12) part series - “The Creed - is A Journey through the Catechism”**

**The Catechism of the Catholic Church comes alive**, showing you how your personal faith journey fits into the amazing story of salvation. **The Catechism** is far more than a list of “faith facts” it provides a map for you to easily navigate and enrich your life.

**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.**

**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. Josaphat Tyrkalo, OSBM, Fr. Steven Basarab, Mary Balsevicius, Joseph Bayduza, Frances Bethune, Elizabeth Duda, Mary Earl, Quenten Fabiano, Catherine Hladij, Alice Humenick, Bohdan Karpinski, Emily Kuzyk, Bodzie and Shirley Lawryshyn, Ben Marchinkow, Joseph Nadelko, Roma Nowakowski, (Bishop Ken’s mother), Orest Obuck, John Pura, Mary Scott, Dave Shelast, Kaiya Williams, Tiny Zarski. We extend our condolences to the family of **+Emily Bubel**, who passed away last week. God grant her eternal rest!

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

**Please pray for vocations to the priesthood and religious life.**

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

**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.

**Special Petition for Evangelization** – *Let us ask our Heavenly Father for His gifts of wisdom & courage in our efforts of spreading the Good News and building up God's kingdom on earth, let us pray to the Lord.*

**CAMP ST. VOLODYMYR** August 18 – 25<sup>th</sup>, 2013 Camp St. Volodymyr will be celebrating its 30<sup>th</sup> anniversary. We have been enriching campers in their Ukrainian Catholic Faith and Culture since 1983. Located in Kelowna campers spend a week participating in age tailored activities such as Ukrainian dancing, arts & crafts, singing, catechesis, sports and water activities. Camper fees: \$260 before July 4, \$310 after July 5. 3<sup>rd</sup>/4<sup>th</sup> child from same family is \$150 each. Bus transportation is available from New Westminster. Registration forms can be downloaded from the eparchial website at [www.nweparchy.ca/](http://www.nweparchy.ca/). For more information contact Jennifer Sawka @ 604.876.5691 [jennsawka@hotmail.com](mailto:jennsawka@hotmail.com). Register early. Space is limited!

**VOLUNTEER STAFF** Camp St. Volodymyr is again looking for counsellors to help with the planning, teaching, coordinating, and carrying out activities and guiding campers in their personal growth, and daily living skills. These positions are ideally suited for outgoing individuals who enjoy working with children and enjoy being outdoors. Counsellor application forms can be downloaded from the website and are due May 15, 2013. **This year we are looking for a volunteer to help us out with singing. Please contact us asap if you are interested.**

**Support our Camp!** Donations are always greatly appreciated. We are always happy to accept food donations of vegetables, fruits, cereals, and treats for children, as well as monetary donations. Tax receipts can be issued with donations of \$25 or more.



## The Fifth Paschal Sunday, known as The Sunday of the Samaritan Woman “Who do you think you are? The Messiah?”

Acts 11:19–26, 29–30; John 4:5–42.



This passage, about the woman at the well in Samaria, is so rich in meaning and so full of hidden innuendoes that it is no wonder the Fathers of the Church never seem to tire of talking about it. It has everything in it, if you only know where to look: it has religion, it has politics, it has morality, it has history. We cannot touch on all or even half of what this passage means. But we can say a few things, and they require us to know something about the place and the time.

Samaria is part of the old upper kingdom of Israel. The original twelve tribes of Israel suffered a kind of civil war, with the largest and most powerful of them, the tribe of Judah, separating from the rest and moving south, and building a capital at the old village of Jerusalem. The remaining tribes stayed in the

North; they had no capital, they had no government; they called themselves the kingdom of Israel, but had no unity, and it was not too long before they were conquered, by the Syrians, by the Babylonians, by all kinds of people, the result being that their religion and culture became polluted. They considered themselves Jews; but the Judeans did not recognize them as such. The Judeans had built a Temple in Jerusalem, but they would not let the Israelites of the old upper kingdom go there; so they built their own temple on the mountain of Gerizim, near the ancient city of Sychar, in the region known as Samaria; and before too long, they started referring to themselves as Samaritans, at which point the Judeans co-opted the title of Israelite for themselves alone. And while the Samaritans never stopped thinking of themselves as true Jews, the Judeans regarded them as little more than pious pagans. Remember that Jesus, himself, in Matthew’s Gospel, when he first sends the disciples out to preach, tells them not to preach to the Samaritans.



How he ends up in Samaria is not entirely clear. It may have been nothing more than the fact that passing through Samaria was the quickest path for them to get to Jerusalem from where they were. In any case, they end up stopping at a very holy place to the Samaritans, and to the Jews as well, near the city of Sychar. It was a plot of land that Jacob had given to his son, the patriarch Joseph, whose exploits we can read about in the book of Genesis. Jacob had dug a well there with his own hands. Jesus sends the disciples into town to buy some food, and is sitting on the wall of the well when this woman comes by to get some water. We do not know why he is interested in her, especially since he has already told his own disciples not to bother with the Samaritans; but for some reason he is interested, and he asks her for some water. He can already see that she is steeped in sin. How? Simple. He is God. He can see everything. And you can almost hear in her words the political and religious animosity that existed at the time between the Jews and the Samaritans. She wants to know what he is doing there, and why she should bother herself to draw water from the holy well of Jacob to give a drink to a Jew. It is the very first instance of anti-Semitism in the Gospel. But Jesus is not about to be distracted from what really interests him here, which is the state of her wretched soul. He asks to see her husband, knowing full well that, not only has she married and subsequently dumped five husbands, but is now living with someone to whom she is not married. She has been a busy girl. Jesus exposes all this right to her face; and when she realizes this, she tries to derail him by engaging him in a theological debate about temple worship. And she starts talking about how the Jews have their temple in Jerusalem and the Samaritans have theirs on Mt. Gerizim, blah, blah, blah, as if to say, "OK, holy man, let us see how much you really know." But Jesus does not fall for it. He has seen this before. He has seen this kind of behaviour in the Pharisees: always nit-picking about theological details while their souls are blackened with sin. Now, here is this woman, thinking that she is so clever engaging our Lord in a discussion of liturgical minutiae, without making an attempt to even pretend to live a good, decent, moral life. Of course, our Lord does not buy this; and when she asks him directly in which temple is the right one to worship, he has had enough. And he tells her that it is not a question of where one worships, Jerusalem or Gerizim or Disneyland, it does not matter, what is important is that you worship in spirit and in truth. And I can almost picture our Lord pointing his finger right at her face when he says the word "truth," as if to say, "Look into yourself, honey, because you are not worthy to worship God anywhere."

Finally, this woman realizes that she is being lectured to, and she does not like it. So, she lashes out at him with this line about the Messiah: "...we know that he is coming, and when he does he will reveal all things..." Unfortunately, our English translation does not transmit the sarcasm of her words. What she is really saying to him is, "Who do you think you are? The Messiah?" And he looks at her and says, "Yes!" And the only reason she does not burst out laughing is because she knows it is true, otherwise how would he have known about the revolving door into her bedroom. And here, at this point, is where her conversion begins.

He slaps her hard: he exposes before her own eyes the ugliness of her sins, and it makes her very angry. Guilty people are like that. They spend 80% of their energy trying to convince everyone how innocent they are, and the remaining 20% trying to convince themselves. And when someone does not let them get away with it, they get angry. She is angry. But she gets over it. She has to, because our Lord does not leave her any escape. And once she gets over it she begins to realize that it is time to make some changes in her life.

Now, we do not know what happened to the Samaritan woman. Our Byzantine Tradition gives her a name, Photina, and we have a feast dedicated to her on our calendar; but we do not really know for sure. We would like to think that her conversion was complete and that she became a disciple of Jesus, but we do not know that. We do know, because we just read it in the Gospel, that she went and told others about him, and that some of them did become disciples, and that is a good sign. But the important question is not what happened ultimately to her, but what is happening to us. We are not likely to meet Jesus sitting next to a water fountain. But we do meet him every day in the Scriptures, in the Holy Mysteries (the Sacraments), in our own daily prayers. He may not confront us as forcefully as he confronted the Samaritan woman; his confrontation of us is much more subtle. Sometimes it is through a sermon, or something we read, or through the example of another, or maybe just some little pang of guilt that we try to dismiss but cannot. But whatever it is, we should not try to fight it. It may just be our Lord trying to make a point.

### **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.

**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.

*A SPECIAL Request: At the conclusion of each Divine Liturgy, please close all Liturgy and/or hymnbooks and return them to their proper place. Also, please do not leave any church bulletins or any other material in the pews. Let each of us do our part to be true stewards of our parish church by helping to keep the church pews clean and neat. Thank you.*

## Don't People Know I am Lonely?

Father Paul Coury, C.Ss.R.

“Do people not know I am lonely? I am in my late seventies, and I live alone. I have lots of family in the area, but they rarely call or visit me. Why is this? Do young people not have respect for their elders anymore?”

I am sorry you are feeling so lonely, and I know that there are many people who share your feelings. There is no crime in feeling lonely nor is it a sign of moral weakness. The answer to loneliness, however, does not lie in getting others to pay attention to us. The answer lies in our ability to reach out to others. Here are a few pointers to remember when you are feeling lonely.

1. **The best way to have a friend is to be a friend. If others call or visit less than you would like, how about calling them?** Instead of saying, “Come see me sometime,” invite them over for a specific date and time to have coffee or dessert.
2. **Maintain a caring attitude about others.** When talking with others, strive to listen as much as you talk. People will want to be with you if you listen to and care about them. Realize that they will avoid you if you talk about yourself all the time.
3. **Take responsibility for your loneliness.** It is best to be direct with others. Say, “I feel lonely today, and I just need to talk with you.” This invites understanding. But you create resentment if you say things like, “I had not heard from you in so long, I wondered if you were still alive.”
4. **When you reach out to others, do so in the spirit of Christ.** Christ asked us to ‘do unto others’ not because of what they give us in return but because it is the right thing to do.
5. **Pray for others.** Praying for other people can help you feel more connected with them. Ask others to pray for you too.
6. **Diversify.** Do not solely rely on a son, daughter, or any other individual for all your companionship. Make new friends. If you are a shut-in, call your parish office and ask if there are other shut-ins you could phone to get help and then feel less lonely. If you are able, get active in some parish activities. Remember, your own home may feel safe and secure, but it can become a prison that needlessly cuts you off from others.

*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.*

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

## Jesus Speaks

You do not have to be clever to please me. All you have to do is want to love me. Just speak to me as you would to anyone of whom you are very fond.

Are there any people you want to pray for? Say their names to me, and ask me as much as you would like. I am generous, but trust me to do what I know is best.

Tell me about your pride, your touchiness, your self-centredness, your meanness, and your laziness. I still love you in spite of these. Do not be ashamed. There are many saints in heaven that had the same faults as you. They prayed to me and, little by little, their faults were corrected.

Do not hesitate to ask me for blessings for the body and mind; for health, memory success, ...I can give everything.

Tell me about your failures, and I will show you the cause of them. What are your worries? Who has caused you pain? Tell me about it. Forgive them, and I will bless you.

Are you afraid of anything? Have you any tormenting, unreasonable fears? Trust yourself to me. I am here. I will not leave you.

Have you no joys to tell me about? Why do you not share your happiness with me? Tell me what has happened since yesterday to cheer and comfort you. Whatever it was, however big, however small, I prepared it. Show me your gratitude and thank me.

Are temptations bearing heavily upon you? Yielding to temptations always disturbs the peace of your soul. Ask me, and I will help you overcome them.

Well, go along now. Get on with your work or play. Try to be humbler, more submissive, and kinder. And come back soon and bring me a more devoted heart. Tomorrow I shall have more blessings for you.

Jesus is not asking us to despise ourselves in a sickly manner, but to confess just what we are, what we have received. If Jesus is dead set against smugness, it is not because it destroys God, but because it destroys you and me. Our greatest wealth is our destitution that makes us ready to receive all from God.

- If you know everything, you cannot learn.
- If you have everything, you cannot receive.
- If you are perfect, you cannot grow.
- If you are just, you cannot be saved.

Woe to you since you have no need of God.

God did come to enlighten the ignorant, fill the hungry with good things, make children grow, and save what was lost.

- If you have found everything, you cannot look any further.
- If you have arrived, you can no longer walk.
- If you can do anything, nobody can help you.

Woeful are you, since God is the treasure you have not yet found, the road you have not yet travelled, the servant you have not yet hired.