



**Українська Католицька Парафія  
Покров Пресвятої Богородиці  
Protection of the Blessed Virgin Mary  
Ukrainian Catholic Parish**

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*“Today the Virgin stands before us in the temple,  
And together with the choirs of saints prays to God for us.”*

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**14 лютого, 2021**

**Volume 65 No. 07**

**February 14, 2021**

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**Служби Божі/Divine Liturgies**

Неділя/Sunday: 8:30 AM in English

10:30 AM (sung) in Ukrainian

**У Свята/Holy Day of Obligation**

10:00 AM

**Щодня/Daily Scheduled**

7:30 AM in Chapel

**Сповідь/Confessions:**

By appointment during the week

**Baptism** by appointment

**Anointing of the Sick/Hospital Visits/**

**Eucharist for the sick** - any time

**Marriages** - the arrangements with the priest must be made at least 6 months before the marriage

**Funerals** - by arrangement

**Basilian Fathers serving the Parish:**

Fr. Joseph Pidskalny, OSBM - Administrator

Fr. Iryne Valyavka, OSBM - Assistant Pastor

Most Rev. Severian Yakymyshyn, OSBM  
Bishop-Emeritus

**Сиропусна Неділя**



**Cheese-Fare Sunday**

Romans 13:11 - 14:4

Matthew 6:14-21

**TODAY: Sunday, February 14: Welcome!** The Protection of the Blessed Virgin Mary Parish welcomes all parishioners, guests, friends who join us via our recorded Sunday Divine Liturgies, as we offer praise and thanksgiving to Our Lord for all blessings and graces received.

**Blessed candles** (Feast of Presentation) and **Holy Water** (Feast of Theophany) are available at the Parish Office.

**The first day of Lent is Monday, February 15.** This day is observed with a strict fast, consisting of abstinence from meat, eggs and dairy products. The same kind of fast is observed on Good Friday. Those not obliged to fast include infants, the aged, the hospitalized and seriously ill, as well as expectant and nursing mothers. Every Friday of the year we are obliged to fast from meat, except for when a feast day falls on that Friday.

### **Sacrament of Reconciliation**

The Fathers are available during the week if you would like to receive the Sacrament of Reconciliation (Confession). Please contact the Parish Office by phone at 604.879.5830 or email: [office@stmarysbc.com](mailto:office@stmarysbc.com) to make an appointment.

### **Sorokousty during Great Lent**

During Lent a Memorial Divine Liturgy and Sorokousty will be celebrated for our deceased family members and friends on Friday evenings. **The services will be pre-recorded and posted on our website.** If you wish to have your deceased family members and friends remembered, or to add any new names to your family's list, then please contact the Parish Office by phone at 604.879.5830 or email: [office@stmarysbc.com](mailto:office@stmarysbc.com)

**Congratulations and Best Wishes** are extended to Frank Kaweski who will celebrate his 90th birthday on February 15th. May God grant him many more years of good health and happiness. Многая Літа!

### **Public Health Orders - Province of British Columbia**

On February 5, 2021 our Provincial Health Officer extended the Covid-19 restrictions indefinitely. These restrictions will remain in place until further notice. Places of worship will continue to remain closed.

**St. Mary's Ukrainian Catholic Church will remain closed until further notice.**

**Note:** During this time when the church remains closed, the Sunday Divine Liturgy will be pre-recorded on Saturday evening and posted on our parish website on Sunday morning.

### **Thank You**

Thank you to all parishioners and friends for your most generous donations and continued support. Please do not forget our parish and all its financial obligations during this time. May Our Lord bless and reward you!

### **The Holy Father's Prayer Intention for February 2021**

**Violence against women:** We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

## The Great Fast: A Time to “Give Up”

Here are a few suggestions to help us focus during the time of the Great Fast:

- Give up bitterness; turn to forgiveness
- Give up hatred; return good for evil
- Give up being negative; be positive
- Give up complaining; be grateful
- Give up pessimism; be an optimist
- Give up harsh judgments; think kind thoughts
- Give up worry; trust in Divine Providence
- Give up discouragement; be full of hope
- Give up anger; be more patient (especially with yourself)
- Give up pettiness; be more mature
- Give up gloom; enjoy the beauty around you
- Give up jealousy; pray for trust
- Give up gossiping; control your thoughts
- Give up sin; turn to virtue

St. Paul in his letter to the Philippians writes: *“Fill your minds with everything that is true, everything that is noble, everything that is good and pure, everything that we love and honour, and every thing that can be thought virtuous or worthy of praise.”* (Phil. 4:8)

St. Paul encourages us to fill our minds with all that is true, good and pure. He knows that this is a very difficult thing to achieve, but he also knows that we must rely on God’s grace. To become a better, holier person is possible. We can’t give up on ourselves. No matter how unworthy or sinful our lives may be, remember that Jesus takes away our sins. He takes away our iniquities and heals all our diseases. He purifies, cleans and leads to holiness.


The season of the Great Fast gives us a chance to open our eyes and see the things that Jesus needs from us. May this holy time open our hearts to the Lord, so that we may become His instruments in this world. May our “give ups” make us stronger in our faith, cleanse us of faults and inconsistencies, and mark the beginning of our pilgrimage back to our Creator.

God bless our Lenten journey.

Fr. Joseph

**Please note that Parishioners are being targeted by scams.** Parishioners are being scammed through emails. The scammers pretend to be priests who are asking them to purchase music gift cards in various denominations for “a friend who is going through cancer treatments.” Other emails are also asking to “do them a favour.” It is happening across British Columbia and even across Canada.

If you have received such an email then please know it is not coming from the priests at St. Mary’s. Delete the email and do not respond.



**O LORD  
AND MASTER  
OF MY LIFE**

## ONLINE LENTEN MISSION

REFLECTIONS ON THE PRAYER  
OF ST. EPHREM THE SYRIAN

**FRIDAY NIGHTS**

from 7:30pm to 8:30pm

**FEBRUARY 26**

**PART 1**

by Rev. Mykhailo Ozorovych  
& Rev. Andriy Malush

**MARCH 5**

**PART 2**

by Rev. Yuriy Vyshnevskyy

*Welcoming and opening prayer  
by Most Rev. Bishop David (Motiuk)*

**REGISTRATION LINK**

<https://forms.gle/naBYnDyy5y3BSCpj6>

### Prayer of St. Ephrem

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

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

**O Lord and King, grant me the grace to be aware of my sins and not to  
judge my neighbour, for You are blessed, now and for ever and ever.**

**Amen. (Prostration)**

(Then with a simple bow the following is repeated four times)

**God, be merciful to me, a sinner.**

**God, cleanse me of my sins and have mercy of me.**

**I have sinned without number, forgive me, O Lord.**

Then the entire Prayer of St. Ephrem is recited without the usual prostrations.

One prostration is made at the end.

## Tropars and Readings for Cheese-Fare Sunday

### Resurrection Tropar, tone 4:

When the disciples of the Lord learned from the angel the glorious news of the resurrection and cast off the ancestral condemnation, they proudly told the apostles: "Death has been plundered! Christ our God is risen, granting to the world great mercy."

Glory to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

### Kondak of Cheese-Fare Sunday, tone 6:

O Lord, instructor of the ignorant and helper of the poor. Guide mankind towards wisdom and give him intelligence and understanding. O Lord, strengthen and enlighten my heart. O Word of God, grant that I may speak, for I will not keep my lips from crying out to you: "O Compassionate One, have mercy on me who have fallen!"

**Prokimen, tone 8:** Pray and give praise to the Lord our God.

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

### A Reading from St. Paul's Letter to the Romans (13:11 - 14:4)

Brethren. You know that the day when we will be saved is nearer now than when we first put our faith in the Lord. Night is almost over, and day will soon appear. We must stop behaving as people do in the dark and be ready to live in the light. So behave properly, as people do in the day. Do not go to wild parties or get drunk or be vulgar or indecent. Do not quarrel or be jealous. Let the Lord Jesus Christ be as near to you as the clothes you wear. Then you will not try to satisfy your selfish desires.

Welcome all the Lord's followers, even those whose faith is weak. Do not criticize them for having beliefs that are different than yours. Some think it is all right to eat anything, while those whose faith is weak will eat only vegetables. But you should not criticize others for eating or for not eating. After all, God welcomes everyone. What right do you have to criticize someone else's servants? Only their Lord can decide if they are doing right, and the Lord will make sure that they do right.

### Alleluia (3)

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

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

### A Reading of the Holy Gospel according to Matthew (6:14-21)

The Lord said: If you forgive others for the wrongs they do to you, your Father in heaven will forgive you. But if you do not forgive others, then your Father will not forgive your sins.

When you fast, do not put on a sad face as the hypocrites do when they go without eating. I promise you that they already have their reward. Instead, comb your hair and wash your face. Then others will not know that you are going without eating. But your Father sees what is done in private, and he will reward you.

Do not store up treasures on earth! Moths and rust can destroy them, and thieves can break in and steal them. Instead, store up your treasures in heaven, where moths and

rust cannot destroy them, and thieves cannot break in and steal them. Your heart will always be where your treasure is.

### **Communion Verse:**

Praise the Lord from the heavens; praise Him in the highest. Alleluia. (3)

### **Prayer of Spiritual Communion**

My Jesus, I believe that You are present in these Holy Gifts!

I love You above all things and I desire to receive You into my soul.

Since I cannot receive You now, I place before You my whole life and hope, O loving Master; and I ask, pray, and entreat You: Make me worthy to partake in a mystical way and with a pure conscience of Your awesome and heavenly Mysteries: for forgiveness of sins, for the pardon of offenses, for communion of the Holy Spirit, for the inheritance of the kingdom of heaven, for confidence before You, and not for judgment or condemnation.

I embrace You as You enter and abide in me, and I unite myself completely to You.

Permeate my soul and body, and never permit me to be separated from You. Amen.



### **Молитва Духовного Причастя**

Мій Ісусе! Я вірю, що Ти присутній у цих Святих Дарів!

Люблю Тебе над усе і моя душа тужить за Тобою.

Не можу зараз Тебе прийняти в Євхаристії, тому хоча б духовно прийди до мого серця!

Запрошую Тебе, відчиняю навстіж двері мого серця, згадаючи Твої слова: “Ось стою під дверима і стукаю. Якщо хто почує Мій голос і відчинить двері, Я ввійду до нього, і буду вечеряти з ним, а він зі Мною.”

Я весь єднаюся з Тобою, Ісусе, моє найвище Добро й моя солодка Любове!

Торкнись мого серця і запали його, щоб воно завжди палало любов'ю до Тебе!  
Амінь.