

# St. Mary's Newsletter

St Mary's Ukrainian Catholic Parish  
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## Divine Liturgies

Sundays: 8:30am English  
10:30am Ukrainian  
Weekdays: 7:00am (Chapel)  
Holy Days: 10:00am

Father Joseph Pidskalny OSBM (Admin)  
Father Josafat Oliynyk OSBM

## Liturgical Colors

In the Ukrainian Catholic tradition, there are really only two liturgical colors: bright and dark. In general, the following liturgical colors are used depending on how many different kinds of vestments a church has.

### BRIGHT:

- **White:** is the symbol of God's uncreated light. White vestments are worn on the great feast of Pascha (Easter) and throughout the Easter season.
- **Gold:** is the color of glory, greatness and virtue. It is assigned to Sundays, as the days of the Lord — the King of Glory; gold is also used on feasts like Christmas, Ascension, Theophany, other feasts of the Lord, and at liturgies when we are praying for the living.
- **Green:** is the color of plants and a symbol of new life — it is used on Pentecost (Descent of the Holy Spirit) and that whole week.
- **Blue:** is the color of the feast days of the Most Holy Mother of God. It is the color of the sky, and it conforms to the teaching about the Mother of God, who held the Resident of the Heavens in Her Most Pure Body.

### DARK:

- **Red:** is used on the feast day of the Exaltation of the Precious and Life-Giving Cross (Sept 14.), at liturgies for the deceased and for funerals, on the Sunday of the Veneration of the Cross (3rd Sunday of Lent), and on weekdays in Lent.

From [www.sspp.ca](http://www.sspp.ca)



## Running on Empty

A year ago, I decided to run. Not away from anything, but towards something. A healthier, happier, and better me. I started with baby steps, just putting one foot in front of the other, a little faster than walking, a little slower than being chased by zombies.

I even downloaded some running music, fuel for fitness. Podcast music that made me feel like I was in a movie montage, training for the big race.

I started simple, with a 30-minute run-walk cycle, progressed to a 45-minute run-jog cycle, and ended up with a 3-week lie on the couch and munch cycle.

I did a lot of bragging to my underfit and overweight friends, and a lot of one-upmanship to my overfit and running friends. (pounding my chest and grunting)

One day, I stopped running. I guess it was raining too hard that day. The next time, I just felt too tired. The next time, I had a job out of town. The next few times I think I had something to do, and...

Today, the running shoes are lying in the closet, along with the snowboard boots, the tennis shoes, the golf shoes, the basketball shoes, the dancing shoes, shoes without motivation, shoes without purpose. Shoes with nowhere to go.

As I looked at all the shoes lying there; what got me going in the first place. Those cold, wet mornings. Those hot, sweaty summers. What was it that kept me going...motivation.

I was running on fumes... Tomorrow, I start again. Refueled with **premium** motivation.

Orest Kernycky (shoe hoarder)

## UPCOMING EVENTS

Ukrainian Vechomytsi

**Fridays 6-8pm**

New West Ukrainian Library  
preserve & study the traditions of  
Ukr folk art Tatiana Znak, artist-  
designer

Caroling Melodies Ukrainian

**Dec 15 7pm**

Holy Eucharist Cathedral New West

Ukrainian Charity Christmas Fair

**Dec 16 12-7pm**

Holy Eucharist Cathedral New West

Christmas Concert

**Dec 18 6:45 pm**

Kvitka Ukrainian School of Dance

Ukrainian Vertep

**Dec 10 2pm** AUUC Ukrainian Hall

**Dec 17 3pm** Vancouver Art Gallery

**Dec 23 1pm** Ivan Franko

**Dec 24 1pm** Holy Trinity Orthodox

**Dec 26 3pm** Vancouver Art Gallery

Malanka

**Saturday Jan 13, 2024 6pm**

Ivan Franko Community Centre

Malanka

**Saturday Jan 20, 2024 5:45 pm**

Ukrainian Cultural Centre -AUUC

BC Ukrainian Cultural Festival

**Saturday May 11, 2024 9am – 6:30**

**pm** Mission BC <http://bcucf.ca/info/tickets>

National Ballet of Ukraine

**February 5 & 7, 2024**

Centre for Performing Art Vancouver

All events subject to change. Check with the venue for details or updates

You can see more at [stmarysbc.com/events](http://stmarysbc.com/events)

Submit your event to

[orestbohdan@outlook.com](mailto:orestbohdan@outlook.com)

# Christmas Fair 2023 (more photos on our website)

