

St. Mary's Newsletter

St Mary's Ukrainian Catholic Parish
550 West 14th Ave Vancouver BC V5Z 1P6
www.stmarysbc.com 604-879-5830



January 21, 2024

Issue 10

Newsletter email: orestbohdan@outlook.com

editor: Orest Kernycky

Divine Liturgies

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

Father Joseph Pidskalny OSBM (Admin)
Father Josafat Oliinyk OSBM

Holy Communion

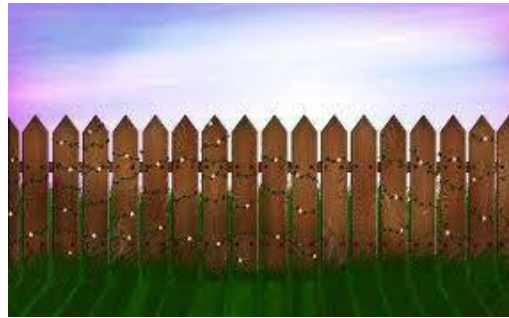
The most important element in the spiritual renewal of a Christian is the Sacrament of Holy Communion. It is the one sacrament that transcends all other sacraments. When we receive Holy Communion we receive Jesus Himself into us.

If you are a practicing and communing Catholic in good standing with the church (confessed recently and as needed, kept the appropriate Communion fast then you are welcome and encouraged to receive the Eucharist. Those who belong to the Eastern and Oriental Orthodox Churches are urged to follow their own church's guidelines; our church does not object to them receiving if they present themselves.

We don't bow or make the sign of the cross as we approach the chalice, but cross our hands over our heart in an X to keep them out of the way.

Look up toward the ceiling and open your mouth. Don't stick your tongue out or lick the spoon. We also don't say anything after we've received communion.

If you are not Catholic or you are Catholic but are not properly prepared to receive communion you may come to the front and receive a blessing. When you are in front of the priest, place your finger over your mouth and bow your head.



A HOLE IN THE FENCE

There once was a boy who had a bad temper. His Father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence.

The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.... Finally, the day came when the boy didn't lose his temper at all. He told his father about it and the father said "now pull out one nail for each day that you are able to hold your temper."

The days passed and the boy was finally able to tell his father that all the nails were gone.

The father led his son to the fence. He said, "You have done well, son, but look at the holes in the fence." The fence will never be the same. When you say things in anger, they leave scars just like these ones. It won't matter how many times you say I'm sorry, the scars still remain.

Moral of the Story

"A Hole in the Fence" teaches us that **unkind words and angry outbursts can leave lasting scars**, just like the holes in the fence. It emphasizes the importance of controlling one's temper and using words with care and kindness, as words have the power to hurt or heal.

Diane Lil Adams- Goodreads

UPCOMING EVENTS

Ukrainian Film Series

February 1 -22 Various Times/Days
The Cinematheque -Vancouver

National Ballet of Ukraine

February 5 & 7, 2024

Centre for Performing Art Vancouver

Ukrainian Film Fundraiser

Saturday February 10,2024 7:30pm
Centennial Theatre North Van

Max Barskih – Ukrainian Performer
Wednesday February 14,2024 8pm
Vogue Theatre

Ukrainian Valentine Day Speed Dating
February 14,2024 7-10pm Ages 30-40
Red Card Sports Bar Eatery

Maria Sonkina -Ukrainian Portraits
Thursday February 15,2024 4pm
Jewish Community Centre

Marina Krut -1st Canadian Tour
Saturday January 20, 2024 6pm
Kerrisdale Presbyterian Church

Dakhbrakha -Tour for Ukraine
Friday March 29,2024 8pm
Massey Theatre New West

Pysanka Egg Decoration Workshop
Saturday March 30,2024 1-3pm
Roundhouse Community Arts Centre

BC Ukrainian Cultural Festival
Saturday May 11,2024 9am – 6:30 pm
Mission BC <http://bcucf.ca> info/tickets

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

You can see more at stmarysbc.com/events

January 10, 2024 Parish Christmas Dinner

