

# St. Mary's Newsletter

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



February 2026 Issue 38

Newsletter email: orestbohdan@outlook.com editor: Orest Kernycky

## Divine Liturgies

Sundays: 8:30am English (spoken)

10:30am Ukrainian (sung)

Mon-Sat: 7:30am (Chapel)

Holy Days: 10:00am

Fr Joseph Pidskalny OSBM (Admin)

**Lent (Великий Пост)** begins on February 16, 2026, and leads us on a forty-day journey of prayer, fasting, and renewal as we prepare for the great feast of the Resurrection. In the Ukrainian Catholic tradition, Lent is a sacred time set aside for spiritual growth. The Church invites us to slow down, reflect on our lives, and return to God with renewed hearts. We do this through:

**Prayer** – deepening our relationship with God at home and in church

**Fasting** – practicing discipline and simplicity

**Almsgiving** – offering compassion and support to those in need

These three pillars help us follow Christ into the “desert,” just as He fasted for forty days.

Lent is not only about giving things up—it is about **opening ourselves to transformation**.

Through repentance and forgiveness, we rediscover God's mercy. Through acts of charity, we strengthen our community. Through prayer, we prepare our hearts to fully enter into the joy of Pascha.

During this season, our parish joins the wider Church in special Lenten services, including:

-Stations of the Cross

-Sorokousty Services (Memorial Divine Liturgies)

-Lenten missions and reflections

-Opportunities for confession

-Acts of charity

These gatherings help us walk the Lenten journey together as one parish family.

Everything in Lent leads us toward the mystery of Holy Week and the radiant celebration of the Resurrection. By embracing this season with sincerity, we allow God to renew our hearts and our parish community.



## Thermostat for the Soul (part 1)

A soul shaped like a thermostat chooses the long view. Instead of reacting to every spike of stress, it sets and sustains an inner climate that supports resilience, clarity, and faithful presence. This is a spiritual posture rooted in steady practices, liturgical rhythms, and intentional care.

### The Two Inner Instruments

- Thermometer soul — reactive and immediate; it records the momentary temperature of feelings and circumstances and often seeks quick fixes that restore comfort without changing the underlying climate.

- Thermostat soul — proactive and formative; it anticipates pressures, sets a desired spiritual temperature, and maintains that climate through consistent practices and leadership of the heart.

### How the Thermostat Shapes Inner Life

- Set a target climate: Define the spiritual qualities you want to cultivate — patience, gratitude, humility, courage — and treat them as the desired temperature to maintain.

- Measure with wisdom: Use honest self-reflection and communal feedback to notice when the inner climate drifts. Measurement is not the end but a guide to adjustment.

- Adjust steadily: Respond to stressors with practices that recalibrate rather than merely soothe. Small, repeated adjustments keep the soul from swinging between extremes.

## UPCOMING EVENTS

### Ukrainian TV Network

**Nash Holos:** Ukrainian Roots Radio is a bilingual variety show featuring contemporary and traditional Ukrainian. Nash Holos Vancouver AM1320 CHMB  
**Saturdays 6-7pm PST**  
Nash Holos Nanaimo CHLY 101.7FM  
**Wednesdays 11am-12pm PST**

Where (Ukrainian) memories live  
**February 6-22 12-4pm**  
THIS Gallery Vancouver

Terra Invicta: Ukrainian Wartime.  
**Sunday February 8, 3pm**  
SFU Harbour Centre Vancouver

Film: Oh Mom Ukrainian  
**Sunday February 8, 7-9pm**  
Alliance Francaise Vancouver

Canadian Churches & the War in Ukraine  
**Tuesday February 10**  
Webinar: Newman Theological College

Ukrainian Valentine's Party  
**Saturday February 14, 9pm**  
Gallery Nightclub Vancouver

Friday Night Supper  
**February 20 4-6:30pm**  
Ivan Franko Richmond BC

Daughters of Donbas Music  
**Sunday February 22 8pm**  
St James Community Square Vancouver

Russian Invasion of Ukraine  
**February 22, 2022 4 years ago**

New West Perogies for Peace  
**Saturday February 28, 4-6 pm**  
Holy Eucharist Cathedral New West

Check with the venue for details or updates

# Lent and Easter at a Glance

## LENT (Ліст – Peest)

The 40-day period preceding Easter Sunday, beginning this year on February 16, 2026. Fasting with no meat eaten on Wednesdays and Fridays and abstinence from dancing and partying continue to be part of the traditional observation of Lent. Religious observances of the Stations of the Cross and Sorokousty Services. It is a time for soul cleansing and penitence.

The annual commemoration of Christ's sufferings, Death and Resurrection begins on Saturday before Palm Sunday, the Saturday of Lazarus' resurrection, which is symbolic of Christ's Death and Resurrection. Holy Week services in the Byzantine rite are lengthy, contemplative and deeply penitential as we relive the mystery of our redemption.

## PALM (WILLOW) SUNDAY March 29 (Шуткова/Квітна Неділя – Shutkova Nedilia or Kvitna Nedilia)

Commemorates Christ's entry into Jerusalem. The pussy willows (used in place of palms) represent the scourging of Christ, and give rise to a practice among Ukrainians to tap each other with the willows. (Budding pussy willows also indicate the coming of spring and is symbolic of Christ's resurrection.)

## HOLY WEEK

The week preceding Easter when preparations for the holy day are done (i.e. housecleaning, cooking, baking, writing pysanky (Easter eggs), etc.

## MONDAY, TUESDAY, WEDNESDAY

On these days the Lenten structure and tone of the liturgies stress the importance of repentance and the need of vigilance in prayer. The first Monday of Lent is kept as a strict fast with abstinence from all meat, eggs and dairy products.

## HOLY THURSDAY April 2 (Великий Четвер – Velykyi Chetver, Strasty Khrysta)

Also known as "Passion Thursday" when the Passion of Christ is commemorated. Evening services of Passion or Strasty is conducted during which the 12 Gospels on the Passion and Death of our Lord are read.

## GOOD FRIDAY April 3 (Велика П'ятниця -Velyka Piatnytsia)

The Crucifixion of Christ. The moving service held on this day is the solemn burial procession bearing the Holy Shroud or Plashchanytsia (the tomb of Christ.) After the procession is made three times around the Church, the shroud is laid out for veneration on a replica of the sepulcher (tomb.) In the evening the service of the Jerusalem Matins is celebrated. This is a day of strict fasting, with abstinence from meat, eggs and dairy products.

## HOLY SATURDAY April 4 (Велика Субота -Velyka Sybota)

This day is spent in silent waiting for Christ's resurrection. A visit to the Plashchanytsia, for quiet prayer and reflection is most important on Holy Saturday. A special ceremony is held to bless Easter baskets.

## EASTER SUNDAY April 5 (Воскресіння Христове -Voskreysennia Khrystove )

The Church celebrates the resurrection of Christ with a joyful liturgy. The food which was blessed the day before is now shared with family.

## EASTER MONDAY / EASTER TUESDAY (Світлий Понеділок / Світлий Вівторок)

Religious observances with attendance at Divine Liturgy are observed for two more days after Easter Sunday.

