

St. Mary's Newsletter

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



March 2026 Issue 39

Newsletter email: orestbohdan@outlook.com

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)

Vichnaya Pamyat!

The Nicene Creed ends with our greatest Christian hope: the resurrection of the dead and the life of the world to come. Even with this assurance, the death of loved ones brings sorrow and a desire to remain connected through prayer. *Christ Our Pascha* teaches that the deceased need the prayerful support of the living as they stand before God.

In Eastern Christian theology, sin is understood as a broken relationship healed through sincere repentance; therefore, purgatory is not part of our tradition. We pray for the departed not to lessen punishment, but to appeal to God's mercy and compassion.

During the Easter season, families visit cemeteries, celebrate Panahydasy, bless graves, and sing "Christ is risen," turning remembrance into a communal expression of hope. Through these prayers, we ask that our loved ones' memory be eternal.

Brent Kostyniuk -Royal Doors



Ukrainian Greek Catholic Church Live
The Ukrainian Greek Catholic Church is a worldwide community of faith, tradition, and service that has supported Ukrainians across the globe for centuries.

Rooted in the ancient spiritual heritage of the Christian East and open to the modern world, the UGCC preserves its distinctive liturgical beauty, theological depth, and vibrant parish life wherever its faithful live.

Today, the Ukrainian Greek Catholic Church is present on all major social media platforms, sharing its life with the world.

Its goal is to show how the Church prays, serves, teaches, and accompanies people in their daily lives. Through the stories of parishes, clergy, laypeople, and youth, the UGCC reveals its living face — a Church that stands with its people and leads them on the path of faith, hope, and love.

List of platforms where you can read official news of the Church and watch videos, pray together online and listen .

Telegram - <https://t.me/zhyvetv>

Instagram - <https://www.instagram.com/tv.ugcc>

Facebook - <https://www.facebook.com/Zhyve.tv>

Tik-Tok - <https://www.tiktok.com/@zhyve.tv>

YouTube - <https://youtube.com/@ugcctv>

Website - <https://zhyve.tv/>

Viber - <https://bit.ly/3RR1sVT>

Support and share

UPCOMING EVENTS

Kazka. Razon - electro-folk pop.
Thursday March 5
Biltmore Vancouver

St. Mary's Parish Lenten Mission
Friday March 6 10am
Saturday March 7 10am
Sunday March 8 8:30am/10:30am
St Mary's Ukrainian. Church Van.

Ukrainian Easter Traditions
Saturday March 7 11am-2pm
Ukrainian Orthodox Centre Surrey

Dinodinner-Hello Sping
Saturday March 14 6 pm
Artworks Gallery Vancouver

АНТОН ТИМОШЕНКО – Comedy
Sunday March 15 4 pm
Ivan Franko Society Richmond BC

Ukrainian Friday Night Supper
Friday March 20 4:30 pm-6:30pm
Ivan Franko Society Richmond BC

Easter Market
Saturday March 28 noon
Holy Eucharist New West

Ukrainian Pysanka Festival
Sunday April 19, 2-5pm
Ivan Franco Society Richmond BC

Kola
Thursday April 30 8pm
Vancouver

Bucha is a Ukraine-made thriller about the first phase of Russia's 2022 invasion, (Streaming Now)

Check with the venue for details or updates

Ukrainian Influence in Canadian Life

Ukrainian Roots. Canadian Life.



ON YOUR PLATE



Perogies and cabbage rolls in every grocery freezer

Sunflower seeds at every gastation
Borshch and "Gido" in Canadian vocabulary

ON THE LAND



Ukrainian dryland farming shaped Western agriculture

Prairie towns built around Ukrainian block settlements

Iconic onion-domed churches across Alberta, Saskatchewan, Manitoba

IN OUR SHARED STORY



"Carol of the Bells" in every Canadian Christmas season

Shumka & Cheremash defining Canadian folk dance

Sikorsky helicopter legacy in Canadian rescue services

Ukrainian heritage isn't just part of Canada's past - it's part of our everyday life.

For more than a century, Ukrainian settlers and their descendants have helped shape Canada in ways we often take for granted. Their faith, culture, and hard work continue to enrich our communities — including here in Vancouver.

Everyday Foods We All Enjoy-Many Canadian favourites come straight from Ukrainian kitchens:

- **Perogies / pyrohy** — a freezer staple across the country
- **Kielbasa / kovbasa** — a Prairie classic now found at every BBQ
- **Borshch** — served in restaurants and homes nationwide
- **Holubtsi** — a holiday comfort food for many families

Roots on the Prairies-Ukrainian pioneers helped build Western Canada by introducing:

- **Dryland farming techniques** essential for Prairie settlement
- **Block settlements** that grew into towns like Vegreville and Dauphin
- **Sunflowers**, now a familiar Canadian crop

Language, Names & Familiar Words-Ukrainian influence appears in everyday Canadian life:

- **"Baba"** and **"Gido"** are widely recognized terms of affection
- Manitoba communities such as **Vita** and **Zhoda** carry Ukrainian names
- **"Perogy"** is officially part of Canadian English

Arts, Music & Culture-Ukrainian creativity enriches Canada's cultural landscape:

- Dance companies like **Shumka** and **Cheremosh**
- Leontovych's **"Shchedryk" (Carol of the Bells)**
- Artists such as **William Kurelek** and **Luba Goy**

Faith, Architecture & Identity-Onion-domed churches remain iconic Prairie landmarks

- **Vyshyvanka patterns** appear in Canadian fashion and craft markets
- The **Vegreville Pysanka** is one of Canada's most beloved monuments

Civic Life & Shared Values-Ukrainian Canadians have long contributed to Canada's social fabric:

- Advocating for **minority rights** and **multilingual education**
- Helping shape Canada's **multiculturalism policy**
- Strengthening Canada's support for Ukraine through a **1.4-million-strong diaspora**

Festivals & Community Traditions-Ukrainian celebrations have become part of Canadian life:

- Festivals in **Dauphin, Vegreville, Toronto, and Vancouver**
- **Malanka** celebrations each January
- Parish bazaars and pyrohy suppers that bring neighbours together

A Shared Spirit-The Ukrainian story in Canada reflects values we cherish as a parish community: **faith, resilience, hospitality, and a deep commitment to caring for one another.**