

# St. Mary's Ukrainian Catholic Newsletter



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

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## 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)  
Fr. Dionysiy Zavedyuk OSBM (Assistant)



Providing hospitality to strangers is a hallmark of Christian stewardship. Matt. 25:35) "I was a stranger and you welcomed me" (M. St. Benedict directed his followers to receive guests and travelers as if they were Christ. Extending hospitality is especially important when it comes to welcoming visitors who may be attending liturgy at our parish for the first time.

The ability of a first-time visitor to have a meaningful experience of Christ in the liturgy is directly impacted by the warmth of the welcome extended by the local worshipping community. When people say hello, the worship experience is enhanced. A warm welcome is part of evangelization, work necessary in a church's mission to help people discover or renew faith in Christ.

Our actions and reactions toward visitors at liturgy communicate who we are and who we represent. Let us take time to welcome visitors to our parish. Welcoming gestures, however small, will not only have a positive impact on visitors, they will make us more hospitable ambassadors of Christ.



A wise priest once asked his parishioners, "If you are carrying a cup of coffee and someone bumps into you, why do you spill coffee?" They answered, "Because someone bumped into us." The priest replied, "No — you spill coffee because coffee is what you had in your cup."

His point was simple: **Whatever is inside us is what comes out when life shakes us.**

When we are tired, stressed, or overwhelmed, the "bumps" of life reveal what we truly carry within. If our hearts are full of frustration, then frustration spills out. If we carry resentment, resentment spills out. But if we carry patience, mercy, and peace — then that is what flows from us, even when we are pushed or provoked.

The Gospel constantly invites us to look inward, not outward. Christ doesn't ask us to control every bump in life — He asks us to **fill our hearts with Him**, so that when the bumps come (and they always do), what spills out is grace.

As we begin this week, perhaps we can ask ourselves the monk's question: **"What's in my cup?"**

May the Lord fill our hearts with compassion, gentleness, and the quiet strength of His peace — so that whatever comes our way, we spill something worth sharing.

## UPCOMING EVENTS

Ukrainian Radio in Canada  
Vancouver 96.1 FM

Canada Day  
**July 1,**  
Everywhere

Traditional Ukrainian Wedding  
**Saturday July 4 5pm**  
Chief Sepass Theatre Langly

Lampsound: open mic /Ukrainian Music  
**Saturday July 11 7pm – midnight**  
LanaLou Restaurant Vancouver BC

Vocation Discernment Weekend Retreat  
Friday July 17-19  
Kelowna BC  
<https://vocationalretreat.netlify.app/>

Vancouver Folk Music Festival  
**July 17,18,19**  
Jericho Beach Park Vancouver

Victor Patrascan –Comedy in broken English  
**Saturday August 1, 6pm**  
SFU Goldcorp Centre Vancouver

Divka Music  
**Friday July 24 7pm**  
Ukrainian Cultural Centre Victoria BC

Dovbush Ukrainian Summer Dance Camp  
**August 10-14 9-3pm**  
AUCC Vancouver

Camp St. Volodymyr-( ages 7-15)  
**August 2026 pre register at:**  
[St. Volodymyr 2026 – Interest Form](#)  
BC

Ukrainian New West Fest  
**Saturday Sept 19 12 pm**  
New West Ukrainian Cathedral

Ukrainian Christmas Fair  
**Saturday November 28 11am- 4pm**  
Ukrainian Catholic Centre Vancouver

**Check with the venue for details or updates**

## The 23 Catholic Churches

There are 23 distinct Churches which form the Catholic Church; the Western or Latin Church which most people are familiar with, and the 22 Eastern Churches. There are 18 million Catholics that are members of an Eastern Catholic Church.

Eastern Churches emerged from the following five traditions: Alexandrian, Antiochian, Armenian, Chaldean, and Byzantine (Constantinopolitan.) The Eastern churches (excepting the non-liturgical dissenting bodies) each belong to one of several liturgical families: Alexandrian Rite, Antiochene Rite, Armenian Rite, Byzantine Rite, East Syrian Rite, and West Syrian Rite.

The Byzantine Catholic Churches are also known as Greek Catholic churches. The largest and perhaps the best-known group of Byzantine Catholic Churches is the Ukrainian Catholic Church or Ukrainian Greek Catholic Church with over 5.3 million Catholics worldwide.

Byzantine Churches are Catholic Churches in full unity with Rome. Byzantine Catholics Churches have the same Creed (beliefs) and "Holy Mysteries" or "Sacraments" as any other Catholic Church.

### THE TWENTY THREE CATHOLIC CHURCHES

