

**Ukrainian Catholic Church
of the Dormition of the Mother of God**

1091 Coronation Avenue, Kelowna, BC V1Y 7A8 Tel.: 250-860-7295, Email: dormitionkelowna@gmail.com
Parish web-site: <http://kelowna.nweparchy.ca/> Pastor: Rev. Fr. Pavlo Myts / о. Павло Миць
Facebook page: *DormitionKelowna Parish*: <https://www.facebook.com/dormitionkelowna.parish.5>
Ukrainian Catholic Eparchy of New Westminster: www.nweparchy.ca

**Українська Католицька Церква
Успення Пресвятої Богородиці**

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Two works of mercy set a person
free: Forgive and you will be forgiven,
and give and you will receive.

Saint Augustine

Sunday of Forgiveness, CHEESE-FARE SUNDAY - March 3rd, 2019 A.D.

'O Master, Guide to Wisdom, Bestower of prudent counsel, Instructor of the foolish and Defender of the poor ones; make firm my heart and give it understanding. Give me a word, O Word of the Father: Behold, I shall not stop my lips from crying out to You: In Your mercy, have mercy on me who am fallen.' – *Kontakion of the Sunday of Forgiveness*

THE VIBRANT PARISH - A PLACE TO ENCOUNTER THE LIVING CHRIST: Through the Word, the Holy Mysteries & Prayer, Serving One's Neighbour, Leadership, Fostering & Serving Unity and Missionary Spirit – *Pastoral Letter of His Beatitude Sviatoslav Shevchuk*

'All the challenging circumstances of our life on earth – these are for us an invitation to active love, which is an expression of living faith!'

- *Pastoral Letter of His Beatitude Sviatoslav Shevchuk "The Vibrant Parish"*

'Всі ці прикри явища нашого земного життя – це для нас запрошення до чинної любові, яка є виявом живої віри.'

- *Пастирський Лист Блаженнішого Святослава Шевчука "Жива Парафія"*

Christian Greetings: *Glory to Jesus Christ! – Glory to Him Forever!*

Slava Isusu Chrystu! – Slava na Viky! Слава Ісусу Христу! – Слава на Віку! Christ is among us! – He is and will be!



Liturgical and Sacramental celebrations during this week:

Bible readings for 1st week of the Great Fast/Lent:

Monday: Genesis 1:1-13; Proverbs 1:1-20 & Isaiah 1:1-20; Tuesday: Genesis 1:14-23; Proverbs 1:20-33 & Isaiah 1:19-2:3;
Wednesday: Genesis 1:24-2:3; Proverbs 2:1-22 & Isaiah 2:3-11; Thursday: Genesis 2:4-19; Proverbs 3:1-18 & Isaiah 2:11-22;
Friday: Genesis 2:20-3:20; Proverbs 3:19-34 & Isaiah 3:1-14.

Mon., March 4th, 2019 (**Beginning of the Great Fast/Lent**) – 7:00 p.m. The Great Canon of St. Andrew of Crete

Tue., Mar. 5th – 9:30 a.m. The Divine Liturgy: for peaceful repose of the souls of Emmett, Margaret, Angus & Mary Brady

Wed., Mar. 6th – 4:00 p.m. The Divine Liturgy of Pre-Sanctified Gifts:

Thurs., Mar. 7th – 9:30 a.m. The Divine Liturgy: for peaceful repose of the souls of Emmett, Margaret, Angus & Mary Brady

Friday, Mar. 8th – 7:00 p.m. The Way of the Cross, followed by Sorokousty / Lenten Memorial Service for the deceased.

Saturday, March 9th – 3:40 p.m. Lectio Divina / Bible Studies: (Studies and Service in Pentiction, BC)

– 4:00 p.m. The Divine Liturgy: God's blessings for all parishioners

Sunday, March 10th. – 8:15 a.m. Rosary:

– 9:00 a.m. The Divine Liturgy: God's blessings for all parishioners. (*in English language*)

– 11:00 a.m. The Divine Liturgy: God's blessings for all parishioners. (*in Ukrainian language*)



Liturgical Propers in English language:

Tone 8, text from book "*The Divine Liturgy of Saint John Chrysostom*"; pages 105-107

Epistle: A reading from the Letter of Saint Paul to the Romans: (Rom. 13:11 - 14:4)

Brethren: It is now the hour for you to wake from sleep, for our salvation is closer than when we first accepted the faith. The night is far spent; the day draws near. Let us cast off deeds of darkness and put on the armor of light. Let us live honorably as in daylight; not in carousing and drunkenness, not in sexual excess and lust, not in quarreling and jealousy. Rather, put on the Lord Jesus Christ and make no provision for the desires of the flesh.

Extend a kind welcome to those who are weak in faith. Do not enter into disputes with them. A man of sound faith knows he can eat anything, while one who is weak in faith eats only vegetables. The man who will eat anything must not ridicule him who abstains from certain foods; the man who abstains must not sit in judgment on him who eats. After all, God himself has made him welcome. Who are you to pass judgment on another's servant? His master alone can judge whether he stands or falls. And stand he will, for the Lord is able to make him stand.

Gospel: (Matthew 6:14 - 21)

The Lord said: "If you forgive the faults of others, your heavenly Father will forgive you yours. If you do not forgive others, neither will your Father forgive you."

When you fast, you are not to look glum as the hypocrites do. They change the appearance of their faces so that others may see they are fasting. I assure you, they are already repaid.

When you fast, see to it that you groom your hair and wash your face. In that way no one can see you are fasting but your Father who is hidden; and your Father who sees what is hidden will repay you.

Do not lay up for yourselves an earthly treasure. Moths and rust corrode; thieves break in and steal. Make it your practice instead to store up heavenly treasure, which neither moths nor rust corrode, nor thieves break in and steal. Remember, where your treasure is, there your heart is also."

Our Eparch, Bishop Ken is requesting that at the conclusion of every Divine Liturgy we say an additional prayer for Peace in Ukraine until the end of the war. For peace in Ukraine, let us pray: Our Father ... Hail Mary ... Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Літургійні частини Українською мовою:

Глас 8, текст з книги "Божественна Літургія Святого Івана Золотоустого"; сторінки 104-106

Апостол: До Римлян Послання Святого Апостола Павла читання: (Рим. 13,11 - 14,4)

Браття і Сестри, вже пора вам прокинутись із сну: тепер бо ближче нас спасіння, ніж тоді, як ми увірували. Ніч проминула, день наблизився. Відкиньмо, отже, вчинки темряви й одягнімось у зброю світла. Як день, – поведьмося чесно: не в ненажерстві та пияцтві, не в перелюбі та розпусті, не у сварні та заздрощах; але вдягнітьс я Господа Ісуса Христа і не дбайте про тіло задля похотей.

Слабкого в вірі приймайте, не вступаючи з ним у суперечки. Один вірить, що можна все їсти, а слабкий (у вірі) їсть городину. Хто їсть, хай тим, що не їсть, не гордує; а хто не їсть, хай того, що їсть, не судить, бо Бог його прийняв. Ти хто такий, що чужого слугу судиш? Своему господареві стоїть він або падає; а стоятьме, бо Господь має силу втримати його.

Євангеліє: (Мт. 6, 14 - 21)

Сказав Господь: "Коли ви прощатимете людям їхні провини, то й Отець ваш небесний простить вам. А коли ви не будете прощати людям, то й Отець ваш небесний не простить вам провин ваших. Коли ж ви постите, не будьте сумні, як лицеміри: бо вони виснажують своє обличчя, щоб було видно людям, мовляв, вони постять. Істинно кажу вам: Вони вже мають свою нагороду.

Ти ж, коли постиш, намасти свою голову й умий своє обличчя, щоб не показати людям, що ти постиш, але Отцеві твоєму, що перебуває в тайні; і Отець твій, що бачить таємне, віддасть тобі. Не збирайте собі скарбів на землі, де міль і хробацтво нівечить, і де підкопують злодії і викрадають. Збирайте собі скарби на небі, де ні міль, ані хробацтво не нівечить і де злодії не пробивають стін і не викрадають. Бо де твій скарб, там буде і твоє серце."



THANK YOU VERY MUCH

ЩИРО ВАМ ДЯКУЄМО

❖ **Gratitudes to all our parishioners, guests, visitors and all people of the good will** who by their kindness share time, talents and treasures, volunteer and organize coffee and socials, make donations, knowingly and unknowingly for the other people thoughtfully care and help our parish community, parishioners welcoming our guests and visitors, help with preparing and making pyrohy, actively participate at different parish projects and programs, organized and attended 2019 Annual Parish General Meeting on Sunday, Feb. 24th, looking after and graciously supporting our Christian, Catholic Church community! May the Almighty God bless and abundantly reward your time, care and generosity! "Remember, O Lord, those who bear fruit doing good works in Your holy churches and remembering the poor. Send down Your mercy upon all of us!" (A Prayer from the Divine Liturgy of Saint John Chrysostom)

CONGRATULATIONS!!!

➤ Congratulations to a newly baptized Sister in Christ Daniela Daryna Tomashevska, as she has received the Mysteries/Sacraments of Christian Initiation: the Baptism, the Confirmation and the Holy Eucharist at our Dormition of the Mother of God Ukrainian Catholic Church today! May the Almighty God lead and bless, our newly baptized sister in Christ, her parents, sisters and brothers, relatives, godparents, friends and whole our spiritual family by keeping her growing wise and safe for good of his family, church and country for many, happy, healthy and blessed years of life – Mnohaya i Blahaya Lita!



➤ May the Almighty God bless in good health and salvation in many, happy and blessed years of life to Rylan Pfob on his birthday (March 3rd), Mr. Victor Ukrainetz on his birthday (March 6th), Andrianna Fearn on her birthday (March 9th), and all parishioners who celebrate their birthdays, heavenly patron's /saint's name-days, wedding anniversaries and any other special anniversaries this week – Mnohaya i Blahaya Lita!

NEWS and ANNOUNCEMENTS:

WELCOME TO OUR PARISHIONERS, GUESTS AND VISITORS WHO HAVE JOINED US IN THIS DIVINE LITURGY. THANK YOU FOR PRAYING WITH US AT THE CHUCH TODAY! WISHING YOU A BLESSED, RESTFUL WEEKEND AND FRUITFUL, HEALTHY AND SAFE WEEK! EVERYONE IS VERY WELCOME TO COME AND PARTICIPATE IN OUR PARISH COFFE AND FELLOWSHIP AT THE CHURCH HALL FOLLOWING THE DIVINE LITURGY TODAY!

Wishing you and all your dear ones a blessed and spiritually enriching journey of the Great Fast / Lent!

❖ **PLEASE, REMEMBER TO PRAY FOR:** yourselves, Most Reverend Bishop-Emeritus Severian Yakymyshyn, Lucy D., Janet F., Alex R., Volodymyr P., Ivan L., Ray Saranchuk, Cameron V., Rose Ostopowich, Keyton A., Ric B., Rocio A., Kit C., Shirley C., Peter Dranchuk, Sandra Sh., Patricia U., Olga Kuzyk, Anthony and Victoria Huziak, George and Mary Dashkewytch, Olga Romanyshyn, Myron Stec, Kay Ilnitski, Kalyna Kociuba, William Shuya, Bronie Huska, Peter Huska, Stanley and Roma Nowakowski (Bishop Ken's parents), Barbara and Vincent Pasternak, Dorothy Scott, Lorraine Turcotte, Dr. Nadia Popil, the Hillman Family, Sandra Shynkaryk, John and Ann Bulych, Rosa Maria Santos, Anita N., Ron and Verna Shoemaker, Jonas and Anne, Alyssa and Adam, Mark and Asia, Karen Feniuk and all members of our parish family and those who are not able to join actively in our community, your families,

relatives, friends; governments and armed forces, especially the shut-in or those in the hospitals, traveling, working or studying, nursing and senior homes, those seeking God's answer to their prayers or those rejoicing with God's answer; those celebrating birthdays and anniversaries; those called to their eternal reward and for the family they leave behind; widows and widowers, orphans, homeless and all people who have asked us pray for them. Please, also in your kindness keep praying daily for vocations to the priesthood and religious life. Remember to ask for special blessings to all Christian families! REMINDER for families of individuals, who are admitted to hospital - If you or a family member is admitted to hospital and you wish to have a priest visit, please be sure to have someone call our parish rectory office to make this request. Your pastor may have no other way of knowing that you are in hospital, as privacy legislation. **SPIRIT OF CHRISTIAN AWARENESS:** Dear parishioners, if our brother / sister in Christ, who usually sits next to you, is not in the Church today, please phone him / her and ask how he / she is doing. Let him or her know that our parish community misses this brother or sister at the church very much and prays for them daily!

❖ *We also pray for the people of Ukraine, that with the help of the Holy Spirit, they may obtain social peace, political harmony and economic stability: Lord, hear us and have mercy.*



VIBRANT PARISH PRAYER: O Lord Jesus Christ, our Good Shepherd, as you once gathered lost sheep that they might hear Your voice and be your flock, so also today graciously look down from heaven upon our parish community, and send down on it your Holy Spirit, that it might be a place to receive the joy of Your Good News. Strengthen us with your presence, and always gather us together in prayer. Grant us the spirit of serving others, so that in our parish all might encounter You, the merciful God. Bless our spiritual leaders with Your wisdom, and inspire us to generously give of our time, talents and treasure for the building up of Your Kingdom. Unite us in peace and harmony, as befits Your community of love. Instill in us a missionary spirit, and let our parish community shine with the light of the Gospel, with prayer and good works, inviting all to share in the divine life, so that Your Name, O Saviour, may be praised, together with Your eternal Father, and Your most-holy, good and life-giving Spirit. Amen.



МОЛИТВА ЖИВОЇ ПАРАФІЇ: Господи Ісусе Христе, Пастирю Добрий, як колись Ти пригорнув заблуканих овечок, щоб вони пізнали Твій голос і були Твоїм стадом, так і сьогодні глянь ласкаво з небесних висот на нашу парафію та зішли на неї Твого Святого Духа, щоб вона була місцем пізнання радості Доброї Новини. Скріплюй нас Твоєю присутністю та єднай нас кожночасно в молитві. Даруй нам духа служіння ближньому, щоб у нашій парафії кожний міг зустріти Тебе, милостивого Бога. Благослови наш духовний провід Твоєю мудрістю і дай, щоб ніхто з нас не шкодував ні часу, ні талантів, ні матеріальних дібр для розбудови Твого царства. Єднай нас у мирі та злагоді, щоб ми були Твоєю спільнотою любові. Всели в нас місійного духа, щоб ми стали тим світилом євангельського слова, молитви і добрих діл, що кличе кожного до участі в Божественному житті, щоб славилосся, Спасе, Твоє Ім'я з безначальним Твоїм Отцем та пресвятим, благим і животворящим Твоїм Духом нині, і повсякчас, і на віки віків. Амінь.

❖ **FIRST DAY OF LENT/The Great Fast starts tomorrow, on Monday, March 4th. Please note that both the First day of the Great Fast/Lent, as well as Good Friday, are two days of the strictest fasting.** On these days we refrain from consuming meat, eggs and dairy products. Wishing you a blessed and spiritually enriching the Great Fast/Lenten Journey!

Communal Right of Mutual Forgiveness

Explanation: Our Christian faith has been preserved through the ages in 2 ways: Scripture (written) and Tradition (verbal). Since parts of the second one are sometimes forgotten, the Church now is trying to bring them back into practice. One such practice of our Christian tradition is the Order of "Fraternal Reconciliation", a beautiful and meaningful practice of the ancient church community. Nowadays, it is most preserved in the monasteries and is being brought back by many of our parishes. After the Liturgy you are invited to participate in this Order. When the disciples of the Lord asked him to teach them how to pray (Luke 11:1- 13), He left us with what we refer to as the Lord's Pray - the "Our Father". In this prayer we pray as a community or family, we do not say "My Father who is in Heaven..." we pray: "Our Father..." We ask God to forgive us our trespasses as we forgive those who trespass against us. Before beginning our Great Lent Journey, together as a parish community or family, it is important for us to express our desire to seek forgiveness for anything that we may have done; that may have hurt or offended another in the past year or during our life time. It is also important to extend our forgiveness to others so that we can be free of these heavy burdens, and walk together as a family and as true sons and daughters of God! This Communal Right of Mutual Forgiveness is not the Mystery/Sacrament of Reconciliation (Confession) nor does it replace that Mystery/Sacrament, but rather is a tangible sign to each other of our willingness to forgive. It is a moment during which we can experience being forgiven as well as extending forgiveness. Hence there is no need to name our offenses, but rather with total sincerity in our hearts we say to each other: "Forgive me my brother/sister" and answer with sincerity and love, "May God have mercy on you and know that I forgive you."

Priest: Humbly bowing our heads and knees, let us pray to the Lord.

Faithful: Lord, have mercy.

Priest: O Lord Jesus Christ our God, the hope of all the lands of this earth and of those who are far at sea and high in the air, you gave us these holy days of Lent through your laws and prophets, thus giving us an example of penance and the mortification of our passions. You yourself after the fulfillment of time came in body to this world and having fasted forty days and forty nights you instituted and sanctified the Lent. Therefore, being generous and merciful, bless us all, that we may in perfect penitence, in true humility, in prayers and profound bows, in hunger and thirst, and frequent kneeling, in the contriteness of our heart, we may begin these holy days of Lent, and without sin and with a clean conscience to complete them, by guarding the true faith and to become

victors over sin. Bestow unto us an Angel of peace that he would guard our lives, that they would not be endangered or destroyed by the visits of the enemy or evil circumstances.

Teach us to always do good, strengthen us by your power for this Lenten struggle against our passions, to cleanse our souls and bodies, that we may be worthy and without judgment to receive communion of your most Holy Body and most precious and life-giving Blood. For you are the God of graces and mercies and lover of mankind, and desire that all would be saved. We give glory to you and to your eternal Father, and to your Most Holy, good and Life-Spirit, now and forever and ever.

Faithful: Amen.

Priest: Bless me, my Sisters and Brothers, and forgive me, a sinner, whatever offenses I may have committed this day and all the days of my life by word, deed and thought as well as by all my senses. *(bows to all the faithful)*

Faithful: May God forgive you, Reverend Father. Bless us also and forgive our offences voluntary and involuntary.
(also bow)

Priest: May the Lord God by His grace forgive you all your sins and have mercy on you.

Let us pray for our Most Holy Universal Pontiff, Francis Pope of Rome, for His Beatitude Patriarch Sviatoslav, for our Most Reverend Metropolitan Lawrence, for our God-loving Bishop Ken, and the God-loving Bishop-Emeritus Severian, all our priestly, diaconal and religious orders, our nation, government and all people in service of our country.

Faithful: May God save and have mercy.

Priest: For the noble benefactors, founders and all parishioners of this holy church, for those who serve and who have served in it.

Faithful: May God save and have mercy.

Priest: For those who are absent and for those who are travelling.

Faithful: May God protect and have mercy.

Priest: For our benefactors and those who are kind to us.

Faithful: May God reward and have mercy.

Priest: For those who hate us and for those who love us.

Faithful: May God forgive and have mercy.

Priest: For the sick and suffering.

Faithful: May God heal and have mercy.

Priest: For our departed relatives and faithful of our parish and Eparchy.

Faithful: May God grant them remembrance and rest and everlasting be their memory.

Priest: Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us.

Faithful: Amen.

❖ **Basic Guidelines for Reception of Holy Communion:** You are a member of the Catholic Church (faithful of the Orthodox churches are very welcome to receive Holy Communion); 2) You have participated in the Sacrament of Confession at least during the Easter or Christmas seasons this past year if not more frequently; 3) You attend Divine Services regularly; 4) Your lifestyle is consistent with the teaching of the Catholic Church; 5) You have kept the Liturgical fast – no food at least one hour prior to the Divine Liturgy (water and medicine does not break the fast). 6) You have been in church from the beginning of the service, or at least heard the Gospel. 7) To the best of your ability, you are in the state of Grace. *If for any of these or other reasons you cannot receive Holy Communion, you are very welcome to come for a blessing. Please indicate to the priest that you would like to receive his blessing.*

Pastoral and Sacramental Ministry:

Baptisms: by appointment. **Marriages:** six months' notice should be given to the parish priest, and he should be contacted before any other arrangements are made.

Reconciliation: on Sundays and Holy Days: before Liturgies and other days, by appointment. **Holy Communion:** for the sick, by appointment, any time **Holy Unction** (Anointing of the Sick): Those anticipating surgery, hospitalization or treatments and who would like to receive anointing (by appointment, any time) **Funerals and Memorials:** by appointment.

* Please, contact Fr. Pavlo if you want to have the Divine Liturgies celebrated in your special (such as: In thanksgiving for favours received, the Infirm, General Intentions, the Deceased, Help of the Holy Spirit, for the Travelers, etc.) intentions. *If you need to meet with the parish priest, please, call or email in advance to arrange time and a day.*

Members of the Parish Executive Council and Comettes 2019-2020 A.D.:

Pastor: Rev. Fr. Pavlo Myts

Blessing of the Parish Council Officers will be held after the Divine Liturgy today!

Chairperson of the Parish Council: Mrs. Yvonne Crawford

Vice-Chairperson: Mrs. Maria Matsychko

Financial Secretary: Mrs. Elizabeth Hnylycia

Treasurer: Mrs. Sarah Kriel

Recording Secretary: Mrs. Gloria Dudych

Pastoral Team: Mrs. Maria Cacchioni

Fundraising Comettee: Mrs. Ann Boitson

Catechism and Youth Ministry Comettee: Mrs. Marilyn Daulat and Mrs. Lydia Pfob

Social Comettee: Mrs. Mariya Shandalla

Kitchen Comettee: Mrs. Alice Pelechaty, Mr. Joseph Stetch, Mrs. Elena Fedorov

Parish Choir and Cantoring: Mrs. Lesia Achtymichuk, Mr. Andriy Tomashevskyy

Sacristy Comettee: Mr. Leo Brazeau, Mr. Eldon Hnylycia

Maintenance: Mr. Ihor Sakatiuk, Mr. Mykhailo Fantych, Mr. Edward Kaskiw, Mr. Ihor Lisotskyy, Mr. Ivan Bilous

BOX FOR USED CHURCH BULLETINS – since our Sunday bulletins contain Sacred Scripture readings & icons, they need to be disposed of properly/respectfully after use. Please do not throw them into the garbage but recycle them after shredding if possible. In order to assist with this request, we have provided a special box for used bulletins at the church entrance.

❖ **Panakhya Service (1st Year memorial service): for the repose of the soul of dear mother Mrs. Lily-Ann Sitter** (*requested by Mrs. Marie Shandalla*) will be celebrated after the 9:00 a.m. Divine Liturgy (one, bi-lingual service), and 10:30 a.m. a memorial lunch will be held at the parish hall on Sunday, April 7th, 2019 A.D.

❖ **A SPECIAL REQUEST:** After each Divine Liturgy and every church service, please, keep silence in the House of the Lord as some of the faithful are still praying at the church. As well, please, do not forget close all Liturgy and/or hymnbooks and return them to their proper place. Also, please do not leave any church bulletins or any other material in the pews. Let each of us do our part to be true stewards of our parish church by helping to keep the church building clean and neat. Thank you very much! ***Every parishioner is personally responsible before God for our spiritual home-parish-church!***

❖ **Volunteers help is needed to make cabbage-rolls starting at 8 a.m. on Saturday of March 9th, 2019.** It is a good time to help our parish fundraisers and socialize together. More helpers come – easier and faster the work is done! Please, come to help!

Please, also mark your calendars to come and help the following food making projects:

- ✓ Pyrohy making at 8:00 a.m. on Saturday, March 16th, 2019.
- ✓ Cabbage-rolls making at 8:00 a.m. on Saturday, March 23rd, 2019.
- ✓ Pyrohy making at 8:00 a.m. on Saturday, March 30th, 2019.

❖ **JOIN OUR CHOIR:** Do you enjoy singing? Please consider joining our Dormition Parish Choir and remember that we are looking for new members! Contact Mrs. Lesia Achtymichuk for more information and details.

➤ **Volunteers for Sunday coffee socials and clean-ups are needed** – please continue putting your name on the calendar posted in the church hall. If you can help out, please, let us know. Your help is truly appreciated!

❖ **BE A STEWARD:** Have you ever wondered what more can you do to help our parish-church? Here are some suggestions: Steward of property security; Steward of grounds cleaning; Steward of cleaning church; Steward of church linen; Steward of outreach; Steward of caring; Steward of prayer; Steward of service. Quite often, our homebound or senior members, once active in their younger years, want to find purpose in their senior years. It's not only about doing but about "BEING" present to others! Please, feel very welcome to participate in our church choir singing, reading of the Epistles and others inspiring Bible texts, holding the candles during the Gospels readings, processions, welcoming, parish cleaning, projects, etc. **VOLUNTEERS NEEDED:** to help out with weekly cleaning in the church and organizing of coffee social after the Divine Liturgy on Sundays, work-bees, etc. If you can help out, please, let us know. Please, Contact Mrs. Yvonne Crawford or Fr. Pavlo for more information. You will be amazed how "BEING" can make a difference at our spiritual, parish life!

❖ **FAITHFUL GIVING ...** Please, remember that we never take a day off or a vacation from God, or from our obligation to attend Divine Liturgy on Sundays and Holy Days. **When traveling, working, participating in different sport's tournaments, activities or studying, please, make sure you check out the service schedule for the area churches at our eparchial website: www.nweparchy.ca and attend the Divine Liturgy.** Remember as well, that while parishioners may be away and on vacation, the parish-church is not. Expenses continue as they do throughout the year. Please, remain consistent in your gifts to parish. Your weekly Sunday offering is important to our financial well-being. If you are away, we appreciate it when you forward your "make-up" donations. The financial stability of the parish counts on regular Sunday contributions. Please, continue to be supportive and generous! "Remember, O Lord, those who bear fruit doing good works in Your holy churches and remembering the poor. Send down Your mercy upon all of us!" (*Divine Liturgy of Saint John Chrysostom*)

❖ **Glasses Prescription Box for Ukraine** is placed and located at the left side by the entrance to the parish hall. Please, feel free to participate in and support this important project.

❖ **Please, share to Kelowna Food Bank.** A special box is located at the church vestibule.

❖ **Rachel's Corner:** I stretch out my hands toward you, my soul to you like a parched land." - *Psalm 143:6*

Has your soul felt dry and without life since your abortion experience? Our loving Father is ready to send the abundant rains of His mercy to quench the dryness in your soul and restore new life in you. Your Rachel's Vineyard™ Retreat team wants nothing more than to walk with you as you stretch out your hands to God for His mercy. You are not alone. Join us on our next Rachel's Vineyard™ Retreat. *Healing after Abortion Ministry:* 250-762-2273, info@rachelvineyardkelowna.com or information and registration visit: www.rachelvineyardkelowna.com, Facebook: Rachel's Vineyard Kelowna

❖ **RACHEL'S VINEYARD RETREAT:** Many women and men who suffer from an abortion decision remain locked in their own internal prison afraid of anyone knowing their deep secret. Rachel's Vineyard weekend retreats are a beautiful opportunity for any person who has struggled with the emotional or spiritual pain of an abortion. The retreat is a specific process designed to help you experience the mercy and compassion of God. It is also an opportunity to release repressed feelings of shame, guilt, anger and grief. The weekend will help your soul find a voice, and transform the pain of the past into love and hope. Registrations are now being

accepted for our April 5-7, 2019 retreat. Please contact Sue 250-762-2273, info@rachelvineyardkelowna.com, www.RachelsVineyardKelowna.com Strict confidentiality assured.

❖ **Traditional, Delicious Ukrainian Food is available for sale at our parish:** Perogies – \$ 6.00 per dozen, Cabbage Rolls (and filled in with rise and buckwheat, cooked) – \$ 6.00 per dozen, Borshch – \$ 7.00 per a jar, for more information, please contact Mrs. Alice Pelechaty at 250-763-4870.

❖ **Movie Night with Fr. Ron Dechant, OMI will be on Monday, March 4th @ 7:00 pm in Saint Charles Garnier's Roman Catholic Church hall.** The movie is "Bella" (91 minutes). After Nina (Tammy Blanchard) is fired from her waitressing job for being late, she leans on the restaurant's chef, Jose (Eduardo Verastegui), for support. Though they don't know each other very well, Nina confides in Jose that she is pregnant and considering an abortion. Understanding that Nina is going through a tough time, Jose invites her to his home. They spend the day together and tell each other their most painful secrets, and what Nina learns about Jose changes her life forever.

Pope teaches: There is God's mercy but also His anger

In his homily at Mass, Thursday morning, Pope Francis urged Christians to make a daily examination of conscience regarding their actions because no one is sure when and how life will end.

Stop for a while to acknowledge our failures, aware that the end can come any moment, and let us not continue living as we want under the impression that God's compassion is infinite. This was the advice of Pope Francis at his morning Mass, Feb. 28, at the Casa Santa Marta in the Vatican.

Reflecting on "the advice" in the first reading from the Book of Sirach, the Pope urged for a change of heart and conversion to the Lord.

Dominate your passions

The Pope pointed out that wisdom is a daily thing that comes from reflection on life and from stopping to think about how one lives. The Pope said, "do not follow your instincts, your strength, indulging in the passions of your heart." All have passions, but one must be careful and dominate them.

Passions, the Pope said, are not bad things, but they need to be managed. They are like blood that helps do many good things but if you are not able to dominate them, they will dominate you, the Pope warned.

Conversion without delay

The Holy Father drew attention to the relativity of life. We are not eternal, we cannot think of doing whatever we like, trusting in the infinite mercy of God.

So don't be rash and reckless and believe that you will get away with it. You may get away with it once but you don't know what's next.

Don't say: "God's compassion is great, he'll forgive me my many sins", and so I continue doing what I want. Regarding this, the advice of the father or grandfather is: "Don't wait to convert yourself to the Lord, don't postpone it from day to day because the anger of the Lord will suddenly burst forth," the Pope warned.

5 minutes a day

Let's take a little time every day to examine our conscience, to convert to the Lord, the Pope urged, without it off for tomorrow. Try to not to let it happen again and if you manage to control yourself and not be controlled by your passion, perhaps it may happen less. But no one is sure of how and when our life will end. Five minutes at the end of each day, the Pope said, will help us think about a change of heart and conversion to the Lord, without procrastination.

Presented by Robin Gomes, Vatican News: <https://www.vaticannews.va/en/pope-francis/mass-casa-santa-marta/2019-02/pope-francis-santa-marta-mass-homily-conscience-conversion.html>



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