

## Dormition of The Mother of God Ukrainian Catholic Church

1091 Coronation Avenue, Kelowna, BC V1Y 7A8

Pastor's office / residence Tel.: (250) 860-7295

Church Office Manager: Mrs. Lilia Mykhnevych: [dormitionofficemanager@gmail.com](mailto:dormitionofficemanager@gmail.com)

Church parish office / cultural centre-hall and kitchen Tel: (250) 763-7447 Church office open: Monday-Friday: from 9:00 am to 1:00 pm

Facebook page: *DormitionKelowna Parish*: <https://www.facebook.com/dormitionkelowna.parish.5>

Ukrainian Catholic Eparchy of New Westminster: [www.nweparchy.ca](http://www.nweparchy.ca)

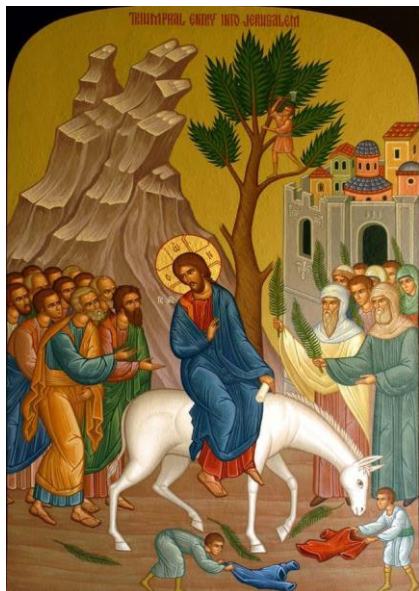


## Успення Пресвятої Богородиці Українська Католицька Церква

Pastor: Rev. Fr. Pavlo Myts / о. Павло Миць

Parish web-site: <http://kelowna.nweparchy.ca/>

Hall rental: <https://kelownahallrental.ca/>



### The Lord's Triumphal Entrance into Jerusalem Flowery or Palm/Willow Sunday ВЕРБА НЕДІЛЯ, ТРИУМФАЛЬНИЙ ВХІД ГОСПОДНІЙ В ЄРУСАЛИМ

March / Березень 29<sup>th</sup>, 2026 A.D.

*Special Greetings for today: "It is not I who strike you but the willow branch, and in one week it will be Easter!" /*

*"Не я б'ю - верба б'є. від нині за тиждень буде Великдень!"*



**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!*

**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**

**THANK YOU FOR JOINING US BY PRAYING TO THE ALMIGHTY GOD!**

We welcome, pray, greet, and wish you and all your dear ones to be guided by the Holy Spirit, blessed with joy, peace, good health, unity, and Christian love and respect today and always! Your pastor has thoughtfully prepared this church letter/bulletin for you to pray, read, spiritual growth and as Christians with conscious, constant awareness of The Divine Creator to evangelize daily and with responsibility and honesty share with all people the Good News/Gospel of Our Lord, God and Saviour Jesus Christ in the World today!

### Liturgical and Sacramental Services celebrated during week / Розпорядок Богуслужінь протягом тижня:

**Bible readings for Holy / Passion Week:** Mon.: Ezekiel 1:1-20; Exodus 1:1-20 & Job 1:1-12

Tue.: Ezekiel 1:21-28; Exodus 2:5-10 & Job. 1:13-22 Wed.: Ezekiel 2:3-3:3; Exodus 2:11-22 & Job 2:1-10

Thurs.: Jeremiah 11:18-23; 12:1-5, 9-11, 14-15; Exodus 19:10-19 & Job 38:1-21; 42:1-5

**SUNDAY, March 29<sup>th</sup> at 8:15 a.m.** Rosary: (Eng./Ukr.)

**9:00 a.m.** The Divine Liturgy: God's blessings for all our parishioners, family members, all relatives and friends (in English)

*Blessing of willow branches and Myrovannia/Blessing with the Holy Oil*

**11:00 a.m.** The Divine Liturgy: God's blessings for all our parishioners, family members, all relatives and friends (in Ukrainian)

*Blessing of willow branches and Myrovannia/Blessing with the Holy Oil*

Mon., March 30<sup>th</sup> at **9:30 a.m.** Sorokousty/Memorial Service for deceased parishioners and family members

**10:00 a.m.** Sacrament of Reconciliation / Confession / Сповідь

**10:30 a.m.** Rosary: for Peace in Ukraine / Вервиця: за Мир в Україні and Lectio Divina / Bible studies

Tue., March 31<sup>st</sup> at **9:30 a.m.** The Divine Liturgy: for peace of Christ in the World

**10:30 a.m. – 11:00 p.m.** Sacrament of Reconciliation / Confession / Сповідь

Wed., April 1<sup>st</sup> at **9:30 a.m.** The Divine Liturgy of Presanctified Gifts: for peace in Ukraine

**6:15 p.m.** Stations of the Cross / Хресна Дорога

Thurs., April 2<sup>nd</sup> at **9:30 a.m.** Akathistos service to Suffering Our God Lord Jesus Christ

**7:00 p.m.** Matins of the Passion/Strasti (Reading of 12 Gospels of the Passion of Jesus Christ)

April 3<sup>rd</sup> **GOOD FRIDAY** NB.: Day of Strict Abstinence: No meat, dairy or poultry products.

**9:30 a.m.** – Vespers of Christ's Burial. The Exposition of the Holy Shroud / Procession with Plashchanytsia

**11:00 a.m. – 12:00 p.m.** – Church open for prayer and Confession

April 4<sup>th</sup> **HOLY SATURDAY** at **9:30 a.m.** – Matins of Holy Saturday/Jerusalem Matins (Eng./Ukr.)

**10:30 a.m. – 12:00 p.m.** – Church open for prayer before the Shroud.

**5:00 p.m.** - blessing of the Easter Foods in baskets (Eng./Ukr.)

**EASTER SUNDAY, APRIL 5<sup>th</sup>, 2026 A.D. – THE GLORIOUS RESURRECTION OF OUR LORD, GOD AND SAVIOUR JESUS CHRIST, PASCHA (Church services in Kelowna, BC)**

**7:30 a.m.** – Paschal Procession, Easter Matins, the Divine Liturgy, and blessing of the Easter Foods in baskets



Please contact Fr. Pavlo if you want to have the Divine Liturgies celebrated in your special intentions, such as: In Thanksgiving for Favours Received, the Infirm, General Intentions, Repose of the Deceased, Help of the Holy Spirit, for the Travelers, Students, Workers, etc. In case of emergency phone (250) 299-7249. If you would like to come to Confession, meet with the parish priest individually at the church or parish office, receive spiritual care and support via telephone or internet, want him to bless your home with annual traditional and pastoral blessings visiting you, your relatives or friends at their home, hospital or care homes, call or email the pastor in advance to arrange time and a day.

## Liturgical propers in English language:

### First Antiphon:

Verse 1: I am filled with love for the Lord will hear the voice of my plea (Ps 114:1).

Refrain: Through the prayers of the Mother of God, O Saviour, save us.

Verse 2: For He has inclined His ear to me, and I will call to Him all the days of my life (Ps 114:2)

Refrain: Through the prayers of the Mother of God, O Saviour, save us.

Verse 3: The pangs of death encircled me, the trials of Hades befell me (Ps 114:3).

Refrain: Through the prayers of the Mother of God, O Saviour, save us.

Verse 4: I met with anguish and pain, and called upon the name of the Lord (Ps 114:3-4).

Refrain: Through the prayers of the Mother of God, O Saviour, save us.



**Glory be to the Father and to the Son and to the Holy Spirit. Now and for ever and ever. Amen. Only-begotten Son...** (Page 23)

### Third Antiphon:

Verse 1: Give thanks to the Lord, for He is good, for His mercy endures forever (Ps 117:1).

Troparion (Tone 1): Assuring us before Your Passion of the general resurrection, You raised Lazarus from the dead, O Christ God: and so, like the children, we also carry signs of victory and cry to You, the conqueror of death: Hosanna in the highest! Blessed is He who comes in the name of the Lord.

Verse 2: Therefore, let the house of Israel say that He is good, for His mercy endures forever (Ps 117:2).

Troparion (Tone 1): Assuring us before Your Passion...

Verse 3: Therefore, let the house of Aaron say that He is good, for His mercy endures forever (Ps 117:3).

Troparion (Tone 1): Assuring us before Your Passion...

Verse 4: Let all who fear the Lord say that He is good, for His mercy endures forever (Ps 117:4).

Troparion (Tone 1): Assuring us before Your Passion...

### At the Small Entrance: Priest: **Wisdom! Stand aright!**

Entrance Verse: Blessed is He Who comes in the name of the Lord, we bless you from the house of the Lord; the Lord is God and has appeared to us (Ps 117:26-27).

Troparion (Tone 1): Assuring us before Your Passion of the general resurrection, You raised Lazarus from the dead, O Christ God: and so, like the children, we also carry signs of victory and cry to You, the conqueror of death: Hosanna in the highest! Blessed is He who comes in the name of the Lord.

### Glory be to the Father and to the Son and to the Holy Spirit.

Troparion (Tone 4): Buried with You through Baptism, O Christ our God, we have been granted immortal life by Your resurrection, and we sing Your praises, crying out: Hosanna in the highest! Blessed is He who comes in the name of the Lord.

### Now and for ever and ever. Amen.

Kontakion (Tone 6): Mounted on the throne in heaven, O Christ God, and on a colt here on earth, You accepted the praise of the angels, and the hymn of the children who cried to You: Blessed are You, who have to call Adam back.

Kontakion (Tone 8): To You, O Mother of God, the invincible leader, we, your servants, ascribe these victory hymns\* in thanksgiving for our deliverance from evil. With your invincible power free us from all dangers that we may cry out to you: Hail, O Bride and pure Virgin!

Prokimenon (Tone 4): Blessed is He who comes in the name of the Lord; God the Lord has appeared to us (Ps 117:26-27).

Verse: Give thanks to the Lord for He is good, for His mercy endures forever (Ps 117:1).

Prokimenon (Tone 4): Blessed is He who comes in the name of the Lord; God the Lord has appeared to us (Ps 117:26-27).

### Epistle: **A reading from the Letter of Saint Paul to the Philippians** (Philippians 4:4-9)

*Brethren, rejoice in the Lord always! I say it again. Rejoice! Everyone should see how unselfish you are. The Lord is near. Dismiss all anxiety from your minds. Present your needs to God in every form of prayer and in petitions full of gratitude. Then God's own peace, which is beyond all understanding, will stand guard over your hearts and minds, in Christ Jesus. Finally, my brethren, your thoughts should be wholly directed to all that is true, all that deserves respect, all that is honest, pure, admirable, decent, virtuous, or worthy of praise. Live according to what you have learned and accepted, what you have heard me say and seen me do. Then will the God of peace be with you.*

**Alleluia** (Tone 1): Sing to the Lord a new song, for He has worked wonders (Ps 97:1). All the ends of the earth have seen the salvation of our God (Ps 97:1).

### Gospel (John 12:1-18)

*At that time, six days before Passover, Jesus came to Bethany, the village of Lazarus whom Jesus had raised from the dead. There they gave him a banquet, at which Martha served. Lazarus was one of those at table with him. Mary brought a pound of costly perfume made from genuine aromatic nard, with which she anointed Jesus' feet. Then she dried his feet with her hair, and the house was filled with the ointment's fragrance. Judas Iscariot, one of his disciples (the one about to hand him over), protested: "Why was not this perfume sold? It could have brought three hundred silver pieces, and the money have been given to the poor." (He did not say this out of concern for the poor, but because he was a thief. He held the purse, and used to help himself to what was deposited there.) To this Jesus replied: "Leave her alone. Let her keep it against the day they prepare me for burial. The poor you always have with you, but me you will not always have." The great crowd of Jews discovered he was there and came out, not only because of Jesus but also to see Lazarus, whom he had raised from the dead. The fact was, the chief priests planned to kill Lazarus too. Because many Jews were going over to Jesus and believing in him on account of Lazarus.*

*The next day the great crowd that had come for the feast heard that Jesus was to enter Jerusalem, so they got palm branches and came out to meet him. They kept shouting: "Hosanna! Blessed is he who comes in the name of the Lord! Blessed is the King of Israel!" Jesus found a donkey and mounted it, in accord with Scripture: "Fear not, O daughter of Zion! Your king approaches you on a donkey's colt." (At first, the disciples did not understand all this, but after Jesus was glorified they recalled that the people had done to him precisely*

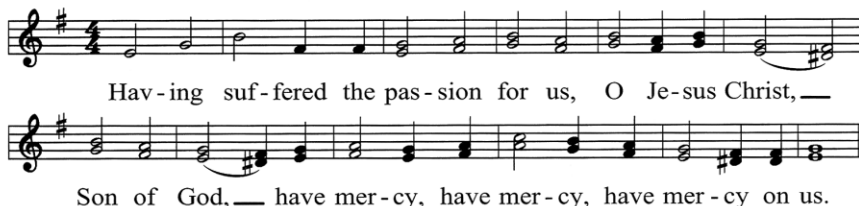
what had been written about him.) The crowd that was present when he called Lazarus out of the tomb and raised him from the dead kept testifying to it. The crowd came out to meet him because they heard he had performed this sign.

Instead of “It is truly...”: O my soul, magnify Christ who is seated on a foal.

Irmos (Tone 4): The Lord is God and has appeared to us: together let us celebrate. Come with great rejoicing; let us magnify Christ with palms and olive branches, and with songs let us cry aloud to Him: Blessed is He who comes in the name of the Lord, our Saviour.

Communion Verses: Praise the Lord from the heavens; praise Him in the highest (Ps 148:1). Blessed is He who comes in the name of the Lord; God the Lord has appeared to us (Ps 117:26-27). Alleluia! (3x)

## Having Suffered



### Літургійні частини Українською мовою:

#### Антифон 1

Стих 1: Возлюбив я, бо вислухав Господь голос моління мого.

Стих 2: Бо прихилив вухо своє до мене і у дні мої призову.

Стих 3: Обняли мене болісті смертні, біди адові зустріли мене.

Стих 4: Скорб і більість зустрів я і призвав ім'я Господнє.

**Слава і нині: Єдинородний Сину:** (с. 23)

Приспів: Молитвами Богородиці, Спасе, спаси нас.

Приспів: Молитвами Богородиці, Спасе, спаси нас.

Приспів: Молитвами Богородиці, Спасе, спаси нас.

Приспів: Молитвами Богородиці, Спасе, спаси нас.

#### Антифон 3

Стих 1: Сповідуйтеся Господеві, бо він благий, бо на віки милість його.

Приспів: Спільне воскресіння перед твоїми страстями запевняючи,\* з мертвих воздвигнув ти Лазаря, Христе Боже,\* тим-то й ми, як отроки, знамена перемоги носячи, тобі,\* переможцеві смерті, восклицуємо:\* Осанна в вишніх,\* благословен, хто йде в ім'я Господнє.

Стих 2: Нехай же скаже дім Ізраїлів, бо він благий, бо на віки милість його.

Приспів: Спільне воскресіння...

Стих 3: Нехай же скаже дім Аронів, бо він благий, бо на віки милість його.

Приспів: Спільне воскресіння...

Стих 4: Нехай же скажуть усі, що бояться Господа, бо він благий, бо на віки милість його.

Приспів: Спільне воскресіння...

Вхідне: Благословен, хто йде в ім'я Господнє, ми благословляли вас із дому Господнього, Бог - Господь і явився нам.

Тропар (глас 1): Спільне воскресіння перед твоїми страстями запевняючи,\* з мертвих воздвигнув ти Лазаря, Христе Боже,\* тим-то й ми, як отроки, знамена перемоги носячи, тобі,\* переможцеві смерті, восклицуємо:\* Осанна в вишніх,\* благословен, хто йде в ім'я Господнє.

#### Слава Отцю, і Сину, і Святому Духові.

Тропар (глас 4): Погребавши себе разом з тобою через хрещення, Христе Боже наш,\* сподобилися ми безсмертної життя через твоє воскресіння\* і, заспівуючи, кличемо:\* Осанна в вишніх,\* благословен, хто йде в ім'я Господнє.

#### І нині, і повсякчас, і на віки вічні. Амінь.

Кондак (глас 6): На престолі на небі,\* на жереб'яті на землі тебе носять. Христе Боже,\* ангелів хваління і дітей оспівування прийняв ти;\* вони кликали до тебе:\* Благословенний ти, що йдеш Адама призвати.

Прокімен (глас 4): Благословен, хто йде в ім'я Господнє,\* Бог – Господь і явився нам.

Стих: Сповідуйтеся Господові, бо він благий, бо на віки милість його.

Прокімен (глас 4): Благословен, хто йде в ім'я Господнє,\* Бог – Господь і явився нам.

#### Апостол: До Филип'ян послання Святого Апостола Павла читання: (Фл. 4, 4-9)

Браття і Сестри, радуйтеся завжди у Господі; знову кажу: Радуйтеся! Хай ваша доброзичливість буде всім людям відома. Господь близько! Ні про що не журіться, але в усьому появляйте Богові ваші прохання молитвою і благанням з подякою. І мир Божий, що вищий від усякого уявлення, берегтиме серця й думки ваші у Христі Ісусі. Наостанку, брати, усе, що лиш правдиве, що чесне, що справедливе, що чисте, що любе, що шанобливе, коли якась чеснота чи щобудь похвальне, – про те думайте! Чого ви навчилися, що прийняли, що почули та бачили в мені – те чиніте, і Бог миру буде з вами.

**Алилуя** (глас 1): Стих: Заспівуйте Господеві пісню нову, бо дивне сотворив Господь.

Стих: Виділи всі кінці землі спасення Бога нашого.

#### Євангеліє: (Ів 12,1-18)

Шість день перед Пасхою прибув Ісус у Витанію, де перебував Лазар, якого воскресив був з мертвих. Там, отже, справили йому вечерю, і Марта прислужувала; а й Лазар був серед тих, які разом з ним посідали до столу. Марія ж узяла літру мира з щирого наряду, вельми дорогого, помазала ноги Ісуса й обтерла їх волоссям своїм; і наповнився дім пахощами мира. Каже тоді один з його учнів, Юда Іскаріотський, що має його зрадити: «Чому не продано це миро за триста динаріїв і не роздано бідним?» Сказав же так не тому, що піклувався про бідних, але тому, що був злодій: із скарбнички, яку тримав при собі, крав те, що туди вкидувано. Тож Ісус промовив: «Лиши її. На день мого похорону зберегла вона те миро. Бідних матимете з собою повсякчас, мене ж матимете не завжди.» Тим часом дізналася сила народу, що він там, то й посходились – не тільки Ісуса ради, а й щоб побачити Лазаря, якого він з мертвих воскресив. Тоді первосвященники ухвалили і Лазаря вбити, численні бо юдеї залишили їх із-за нього й увірували в Ісуса. Наступного дня сила людей, що прийшли на свято, зачувши, що Ісус іде в Єрусалим, узяли пальмове гілля й вийшли йому назустріч з окликами: «Осанна! Благословен той, хто йде в ім'я Господнє, ізраїльський цар!» І знайшовши ося, Ісус сів на нього, – як ото написано: Не страхайся, дочко Сіону, ось іде твій цар верхи на жереб'яті ослициному. Не збагнули того спершу його учні, але коли Ісус прославився, згадали вони, що то було написано про



нього й що то з ним таке вчинено. Але й народ, що був при ньому, коли то він був викликав Лазаря з гробу та його з мертвих воскресив, – про те свідчив. Тим то, власне, народ і вийшов йому назустріч: довідався бо, що він учинив те чудо.

Замість Достойно: Величай, душе моя, Господа, що сидить на жереб'яті.

Ірмос (глас 4): Бог – Господь і явився нам, справляйте празник і, веселячись, прийдіть, возвеличимо Христа з квітами й галузками, в піснях кличучи: Благословен, хто йде в ім'я Господа, Спаси нашого.

Причасний: Благословен, хто йде в ім'я Господне,\* Бог – Господь і явився нам . Аلیلія (х3)



Пре - тер - пі - вий, за нас стра - сти, І - су - се Хри - сте,  
Pre - ter - pi - viy, za nas stra - sty, I - su - se Khry - ste,

Си - ну Бо - жий, по - ми - луй, по - ми - луй, по - ми - луй нас!  
Sy - nu Bo - zhyi, po - my - lui, po - my - lui, po - my - lui nas!

**THANK THANK YOU VERY MUCH!**

**ЩИРО ВАМ ДЯКУЄМО!**



**HUMANITARIAN AID TO THE PEOPLE IN UKRAINE:** The people of Ukraine need your help. As we mark the 12<sup>th</sup> year of the war in Ukraine, millions of the country's inhabitants are in dire straits. Constant bombardment, frigid temperatures, fluctuating power, lack of food, shelter and other basic necessities. As part of your Lenten sacrifice, kindly consider making a donation towards providing emergency services and humanitarian and pastoral support to Ukrainians by offering care, medical supplies, food, clothing and shelter to displaced persons, the elderly and the sick, as well as educational programs and support to local priests. For example, for only \$25, an emergency food package can provide much needed relief. \$100 can buy four packages. Each package will feed 2 persons for 1 week. Donations may be made through your local parish, the Ukrainian Catholic Eparchy of New Westminster, or directly to Catholic Near East Welfare Association - Canada (cnewa.ca). For information on how your donation is making a difference, see Catholic Near East Welfare Association's 2022 Campaign Report: Ukraine Emergency Relief. May God bless you and your family for your generosity. Help Ukraine! Please do not give up and continue to pray! Stay informed! Donate. <https://cnewa.org/ca/campaigns/ukraine/>

**Gratitude to all our parishioners, guests, visitors and all Christian people of the good will** who by their kindness share time, talents and treasures, help our church, and to every person who knowingly or unknowingly for the other people thoughtfully make donations, volunteer by participated at our parish community Christian ministry, implement projects and ministry, volunteer, support our Christian parish community and via our church helping people in needs, organized, hospitably supporting people of Ukraine at the time of war, and projects inside and as missionaries praying and reaching outside our parish to very challenging and unpeaceful World today by keeping and sharing their Christian love, respect and unity in Christ by looking after and graciously supporting our Ukrainian Catholic Church!

**DONATIONS!** Our Church continue to rely on your Christian care, understanding, support and generosity! **Please continue to support our parish financially by e-transfer to [dormitiontransfer@gmail.com](mailto:dormitiontransfer@gmail.com) or mailing a cheque payable to Dormition of the Mother of God Ukrainian Catholic Church 1091 Coronation Ave., Kelowna, BC V1Y 7A8. PLEASE, DO NOT FORGET TO INCLUDE A MEMO FOR WHAT THE E-TRANSFER IS FOR.** Thank you for your understanding and care by supporting and generously donating at this uneasy time for us all! **"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)

## SUNDAY COLLECTION REPORT

	ACTUAL	BUDGET	VARIANCE
	<u>Sunday Donations</u>	<u>Weekly Requirement</u>	<u>Shortfall/Surplus</u>
March 15, 2026	\$1,560	\$2,360	-\$800
Year to Date (YTD)	\$13,178	\$25,960	-\$12,782

(A Prayer from the Divine Liturgy of Saint John Chrysostom)

**GREETINGS!**

**ЩИРО ВАМ ДЯКУЄМО!**



**May the Almighty God bless** in good health, peace, love, hope, joy and salvation in many, happy and blessed years of life to Mrs. Vira Gula on her birthday (March 24<sup>th</sup>), Max Biichuk on his birthday (March 26<sup>th</sup>), Mrs. Vira Balych on her birthday (March 27<sup>th</sup>), Daniel Herzog on his birthday (March 28<sup>th</sup>), Anthony Kalynych on his birthday (March 29<sup>th</sup>), Mr. Eldon Hnylycia on his birthday (March 31<sup>st</sup>), Mr. Yuriy Matsychko on his birthday (March 31<sup>st</sup>), Vira Horbova on her birthday (April 1<sup>st</sup>), Mrs. Lilia Mykhnevych on her birthday (April 1<sup>st</sup>), Mr. Robert McBride on his birthday (April 2<sup>nd</sup>), and to all the faithful parishioners Christians celebrating their birthdays, heavenly patron's name-days, wedding anniversaries and any other special anniversaries and celebrations this week Mnohaya i Blahaya Lita / Many Blessed Years of Life!

## NEWS and ANNOUNCEMENTS:

Please join our Christian prayerful community by visiting and following our parish Facebook page: [DormitionKelowna Parish](https://www.facebook.com/dormitionkelowna.parish.5): <https://www.facebook.com/dormitionkelowna.parish.5>

Please, be assured that Rev. Fr. Pavlo Myts, as your spiritual father-pastor, is gratefully praying to The Almighty God, loving, thinking and spiritually carrying for all of you daily! Please pray for one another and especially for those who are ill, suffering be being affected by disasters, genocidal war in Ukraine! Let us always be co-responsible to ensure that we are all healthy and safe!

**PLEASE REMEMBER TO PRAY FOR:** Lucy D., Janet F., Volodymyr P., Ivan L., Ray Saranchuk and Family, Cameron V., Keyton A., Shelley M., Danny M, Jordan M. Torin S., Sabre S., Keyton M., Dylan M., Bernard M., Darrin M., Kit C., Shirley C., Kay Ilnitski, Kalyna Kociuba, Peter Huska and Family, Roma Nowakowski, Barbara and Vincent Pasternak, The Hillman Family, Joseph Stetch, Rosa Maria Santos, Anita N., Ron and Verna Shoemaker, Jonas and Anne, Alyssa and Adam, Teresa Huculak, Mark and Asia, Volodymyr Melnyk, Shelley Zemliak, Ron Horon, Adeline Sorochuk, Aretta Manion and The Family, Daniella-Daryna Tomashevskaya and The Family, Patricia

and Anastasia Sawadsky, Lorraine Pasemko, Rose Gaba, Bill Boitson, Walter Achtymichuk, Mary Harasymyshyn, Kelly Kokolski, Ken Fiddes, Nick Lalach, Rose Fylyshtan for peace in the World, for all people defending Ukraine and all refugees at the time of war, Dmyterko Families, His Grace Most Rev. Metropolitan Lawrence Huculak, Most. Rev. Bishop Gregory Bittman, Fr. Yuriy Vyshnevskyy and The Family, Fr. Pavlo Myts and The Family, and all members of our Christian parochial family and those who are not able to join actively in our community, your families, relatives, friends and neighbours; governments and armed forces, especially the shut-in or those in the hospitals, traveling, working or studying, nursing and senior homes, seeking God's answer to their prayers or those rejoicing with God's answer; your spiritual fathers, those celebrating birthdays and anniversaries; those called to their eternal reward and for the family they leave behind; widows and widowers, orphans, homeless, those who love us and those who hate, use & hurt us; and all people who have asked us pray for them. Please, also in your kindness keep praying those daily for vocations to the priesthood and religious life. Remember to ask for special blessings to all Christian families and yourselves! **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 or 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 his or her 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.*

**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.*

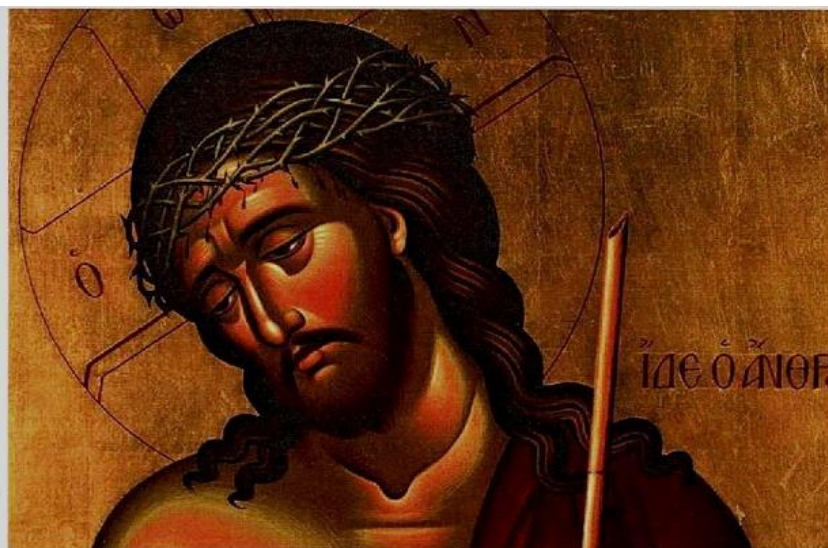
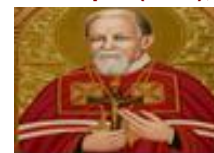
**Pastoral and Sacramental Ministry:** **Baptisms:** by appointment. **Marriages:** six months' notice should be given to the parish priest, and he should be contacted before any other arrangements are made. **Reconciliation:** by appointment. **Holy Communion:** for the sick, by appointment, any time. **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.

**The Bishop Velychkovsky National Martyr's Shrine is praying the rosary for Ukraine every Wednesday at 1:30 pm (CDT), at Saint Joseph's Ukrainian Catholic Church.** We are inviting all Catholic churches to join us in prayer. We thank you in advance for your cooperation and support. Pray for Ukraine. Slava Ukraini! YouTube channel:

<https://www.youtube.com/channel/UCFDrZoGsYeJG1lqgdZyFYMA>

The Bishop Velychkovsky National Martyr's Shrine is located in Winnipeg. We invite those that might be traveling this summer to plan a spiritual pilgrimage to spend time before the Holy Relics of Blessed Vasy! Velychkovsky!

The Redemptorist TV team: [www.redemptorist.v](http://www.redemptorist.v)



#### Молитва Св. Єфрема

Господи і Владико життя мого!  
Духа лінйвства, недбайливости,  
власнолюб'я і пустомовства  
віджени від мене. *Доземний поклон*

Духа чистоти, покори, терпеливості  
й любові даруй мені, слугі Твоєму.  
*Доземний поклон*

Так, Господи Царю!  
Дай мені бачити гріхи мої  
і не осуджувати брата мого,  
бо Ти благословенний  
на віки вічні. Амінь. *Доземний поклон*



Ukrainian Catholic Eparchy of New Westminster  
507-5th Avenue, New Westminster, BC V3L 1S2, Canada  
Tel: 604-524-8824 [www.imeparchy.ca](http://www.imeparchy.ca)



#### Prayer of St. Ephrem

O Lord and Master of my life,  
keep from me the spirit of indifference  
and discouragement, lust of power,  
and idle chatter. *Prostration*

Instead, grant to me, Your servant, the  
spirit of wholeness of being,  
humble-mindedness,  
patience, and love. *Prostration*

O Lord and King,  
grant me the grace to be aware of my sins  
and not to judge my brothers and sisters,  
for You are blessed, now and for ever  
and ever. Amen. *Prostration*

#### YOUR PERSONAL RESPONSIBILITY AND RESPECT OF OTHERS

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. In consideration of other Christians at the church-house of prayer to the Lord Our Almighty and Omnipresent God, please do not leave any items in the pews. Always love, pray and be respectful toward other people! Let each of us do our part to be true stewards of our parish church by helping to keep the church building safe and clean. Thank you very much for your understanding, help

and care! **Please always remember that we come together to the church to glorify Lord Our God and spiritually grow as a Christian community and church as house of prayer helps us during our temporal life journey.**

Christian prayers-petitions for Ukraine: «Ще молимося, щоб Господь Бог у своєму милосерді споглянув на весь наш український народ, у цей час війни захистив щитом своєї всемогутньої опіки наші міста і села, зцілив рани терплячих, подав свою вселаскаву допомогу всім потребуючим та дарував нам свій благословенний мир. Господи, вислухай і милостиво помилуй.

We also pray that the Lord God in His mercy will look upon our Ukrainian people, in this time of war and safeguard all cities and villages with His almighty protection, heal the wounds of those who suffer, grant His all-merciful help to all those in need and grant us His blessed peace. Lord, hear us and mercifully have mercy.

Ще молимося, щоб всемилостивий Господь укріпив силою своєю українських воїнів, які захищають Батьківщину від російського агресора. Благаємо, щоб вони були збережені від ворожих нападів і всякої смертоносної рани та здобули перемогу в боротьбі за волю і гідність нашого народу. Господи, вислухай і милостиво помилуй».

We also pray that our all-merciful Lord will strengthen those defending the freedom of Ukraine and convert the hearts and souls of the Russian aggressors. We pray that those defending the freedom of Ukraine will be protected from enemy attacks and any deadly wound and will win the fight for the freedom and dignity of our people. Lord, hear us and have mercy.



**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](http://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. One day every one of us will end his or her earthly journey. Every day we are all getting closer to that moment. No person will be able after physical death to use his or her earthly temporal treasures anymore. Always remember that, continue to be honest, loving, carrying, supportive, positive and generous! God bless all you! Be aware and remember that your help is always appreciated, and we still need more parishioners to volunteer! Thank you for your support and care at this uneasy time for us all. **"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)

**Bequests and Wills:** Leaving a bequest is a process of giving a donation through your will. It is simply a distribution from your estate to a charitable organization through your last will and testament. It can be as small or as large a donation as you wish. It is important that you talk to your lawyer about the process. In your kindness, please remember our Dormition of the Mother of God Ukrainian Catholic Church in Kelowna, BC in your bequests and wills. If anyone wishes to make such a bequest in their will, the following clause may be included or added to a will: "I give, devise, and bequeath to Dormition of the Mother of God Ukrainian Catholic Church at 1091 Coronation Avenue, Kelowna, BC V1Y 7A8, the sum of \$ \_\_\_\_\_ (or \_\_\_\_% of my estate), to be used for the benefit of the church/parish and it's needs and pastoral ministry.

**YOUR HELP IS NEEDED AND ALWAYS TRULY APPRECIATED, BE A STEWARD OF GOD'S VARIED GIFTS AND GRACES THE HEAVENLY CREATOR GRACIOUSLY ENTRUSTED TO YOU:** Have you ever wondered what more can you do to help our Christian 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 (a lady and a gentlemen faithful leader volunteering and forming Christian brothers and sisters prayerful groups at our parish; 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, church singing, projects, welcoming and reaching toward other people, maintenance, receiving donations for Help Ukraine church projects, welcoming visitors, etc. If you can help out, please, let us know. Contact Mrs. Gloria Dudych. or Fr. Pavlo for more information. You will be amazed how "YOUR HELP" can make a difference at our spiritual, parish life! **Every Christian parishioner is personally responsible before God for our spiritual home-parish church!** **NOTE: If you wish to place your message or announcement into our weekly parish bulletin, please send it by email to the office at [dormitionofficemanager@gmail.com](mailto:dormitionofficemanager@gmail.com) by no later than 3:00 p.m. on Wednesday.**

**If you wish to help or have any questions, wish to help, suggestions, ideas about our Christian community life, please, contact our parish executive council chairperson Mrs. Gloria Dudych.**

**Our Parish Executive Council Meeting** is at 7 p.m. on Wednesday of April 1<sup>st</sup>, 2026 A.D.

**Ukrainian sausages for sale.** They are the same ones we had for Easter Bazaar, very delicious. If you would like to purchase, please let the office manager or other Parish Council members know. The prices are \$15.00 for one ring and 2 rings for \$25.00.



**JOIN OUR CHURCH 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.



**New School Year Registration:** Saint Joseph Catholic School still has limited spaces available in our school program for the 2026 / 27 school year. Give your child (or grandchild) the gift of a strong academic foundation in a caring, faith-filled environment. For more information, please contact [sjkoffice@cisnd.ca](mailto:sjkoffice@cisnd.ca)



### Catechetical online resources in English and Ukrainian languages:

Royal Doors with daily readings and reflections, UGCC - Catechism online, articles, etc.: <https://www.royaldoors.net/>

- Formed: Christian movies, TV shows, prayers, etc.: <https://watch.formed.org/browse>
- Dynamic Catholic. Beautiful resource for the whole family with Catechism for children, marriage, enrichment programs, etc.: <https://dynamiccatholic.com>
- Жусе ТВ.: <https://zhyve.tv> Дивен Сеім.: <https://dyvensvit.org>  
Kamexuzm УГКЦ.: <http://catechismugcc.org/>

**SUNDAY CATECHISM SCHOOL:** "And they were bringing to Him also the infants, in order that He may be touching them; but after the disciples saw it, they rebuked them. But Jesus called them to Himself and said, Let alone the little children to come to Me, and cease hindering them; for of such is the kingdom of God." (Matthew 19:14)

We welcome all children to our Dormition of the Mother of God Parish Catechism program.

The children will learn about their Christian orthodox faith in the Catholic Church, sacred scripture, feast days, icons, tradition, singing, religious practices and customs of the Ukrainian Catholic Church.

Ukrainian - speaking volunteers are needed for children, ages 4 to 6. These children come with so much enthusiasm and joy' but they do need more supervision and attention. If we can have several people volunteer, they can take turns helping. Your help would be appreciated very much!! Materials will be provided for the children.

Also there is usually another table set up for the older children for any activity or socialization they would like. We are also working organizing children-youth choir in our Christian parish community.

If you have any questions or suggestions, please do not hesitate to call our parish catechism teacher, Mrs. Marilyn Daulat 250-801-7538 [Marilyn\\_daulat@hotmail.com](mailto:Marilyn_daulat@hotmail.com) or pastor Fr. Pavlo Myts.

Діти дізнаються про свою християнську православну віру в Католицькій Церкві, Святе Письмо, свята, ікони, традиції, співи, релігійні обряди та звичаї Української Католицької Церкви. Для дітей віком від 4 до 6 років потрібні україномовні волонтери. Ці діти приходять із великим ентузіазмом і радістю, але вони потребують більше нагляду та уваги. Якщо ми матимемо декілька людей волонтерів, вони можуть по черзі допомагати. Будемо дуже вдячні за вашу допомогу!! Дітям будуть надані необхідні матеріали. Крім того, зазвичай для старших дітей накривають інший стіл для будь-якої активності чи спілкування, які вони бажать. Якщо у вас є запитання чи пропозиції, будь ласка, не соромтеся зателефонувати нашій парафіяльній вчительці катехизму пані Мерилін Даулат 250-801-7538 або пастору о.Павлові Миць.



**Has abortion left you feeling empty and alone?** This retreat is for any woman, man, couple or family member who has struggled with the emotional and spiritual pain of abortion. If you are searching for peace and inner healing from an abortion experience, this retreat is for you.

Register now for our upcoming spring retreat. For more information call Vicki: 250-762-2273

Or e-mail: [rvokanagan@gmail.com](mailto:rvokanagan@gmail.com) [www.RachelsVineyardKelowna.com](http://www.RachelsVineyardKelowna.com)

Facebook **Rachel's Vineyard Kelowna** Confidentiality assured

**Currently, there is a petition addressed to the House of Commons in Ottawa to demand support from the Canadian Government for the Abducted Ukrainian Children by Russia - Sign this Petition - Petitions This petition can be signed by Canadian citizens and also residents of Canada.**



We are asking for everyone's support to sign the petition and instruct Parliament to act in the best interests of these Abducted Ukrainian Children  
Sign this Petition – Petitions:

<https://www.ourcommons.ca/petitions/en/Petition/Sign/e-6958>



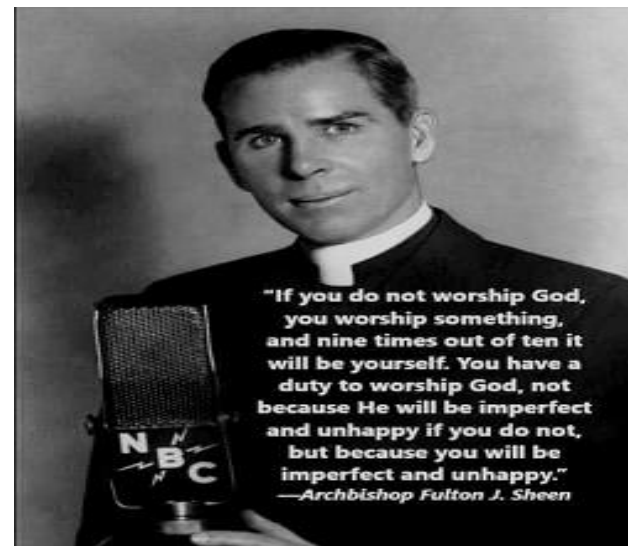
DIocese of Nelson  
PERPETUAL ADORATION CHAPEL  
839 Sutherland Avenue

The Adoration Chapel has new contact information!!

Email: [adorationkelowna@gmail.com](mailto:adorationkelowna@gmail.com)  
Text/Telephone: 778-214-0680  
Contact: Luke Mitton

The adoration chapel is still verifying the schedule. We request that all scheduled Adorers verify their scheduled hours and information with the contact information above and also indicate yes/no if you would like to have your email added to the spare list.

Current available permanent hours:  
Monday: 1am & 3am | Wednesday: 3am





**Home Blessing and Pastoral Annual Visitations** sign up list, to arrange with Pastor Rev. Fr. Pavlo Myts the actual date and time, is available at the entrance to the church in the vestibule and at the parish hall.

Young Adult  
**Retreat**

**SUNDAY MARCH 29**

St Pius X Church 1077 Fuller Ave  
Begins after 11am mass  
Register Using QR Code

## ДЕСЯТЬ ЗАПОВІДЕЙ ДУХОВНОЇ РІВНОВАГИ

- 1. Завжди думай тільки про хороше!**  
Людина уподібнюється до своїх думок.
- 2. Вмій дякувати!**  
Вдячне серце ніколи нічого не потребуватиме.
- 3. Не возвеличуйся у власних очах!**  
Зарозумілість спотворює сприйняття дійсності.
- 4. Не лякайся труднощів на життєвому шляху!**  
Страх паралізує волю і пригнічує дух.
- 5. Черпай користь з власних невдач!**  
Навіть негативний досвід може збагатити твоє життя.
- 6. Не зупиняйся на досягнутому!**  
В житті немає меж досконалості.
- 7. Радій життю!**  
Продовжуй життя собі і тим, хто тебе оточує!
- 8. Володій багатством і ділись ним!**  
Не дозволяй багатству володіти тобою.
- 9. Піклуйся про щастя інших!**  
І відчувай себе також щасливим.
- 10. Довір усі сфери життя Богу!**  
І твоє життя буде наповнене глибоким змістом та досконалою гармонією.

The CCCB Permanent Council issues a public statement in support of Private Member's Bill C-218, which seeks to prevent persons whose sole condition is mental illness from accessing euthanasia ("MAiD"). Bill C-218 is expected to proceed to second reading in the House of Commons in early March 2026. For your information the Statement will be published on the CCCB website under What's New available permanently at the following links: <https://www.cccb.ca/faith-moral-issues/suffering-and-end-of-life/euthanasia-and-assisted-suicide/>



### CAMP SAINT VOLODYMYR August 2026 A.D.

**Week 1:** Sunday, Aug. 16 – Saturday, Aug. 22 (English/Ukrainian)

**Week 2:** Saturday, Aug. 22 – Friday, Aug. 28 (Ukrainian only)

We invite you to save the date and join us this August for Camp St. Volodymyr! The camp is for children in our Eparchy aged 7 to 15 as of December 2026. Camp will once again take place in Princeton as Owaissi continues to rebuild. We are thrilled to announce that we have secured a second week, allowing us to offer an all-Ukrainian option. Campers are welcome to attend one or both weeks. Bus transportation will be available from New Westminster on all three travel days.

Camp is a vibrant place for kids to be active, build confidence, and develop outdoor skills. As they reconnect with nature, they grow spiritually, form lasting friendships, and deepen their connection to our rich Ukrainian culture.

**Pre-register** using our Google Form: <https://forms.gle/TKHxXjSqWWhfn8Zt8>

We hope your family will be part of this unforgettable summer experience. For more information, contact Jennifer Caldwell at [csv.nweparchy@gmail.com](mailto:csv.nweparchy@gmail.com) 604.220.0584 <https://forms.gle/d6rMNCucgZuS2Gsz9>

**Annual Chrism Mass Invitation:** Dear Parish Family, You are invited to join the Diocese of Nelson for the Annual Chrism Mass on Monday, March 30 at 7:00 p.m. at Immaculate Conception Parish, Kelowna, BC Each year, the Chrism Mass gathers our diocesan family to pray for our priests, bless the sacred oils, and renew our unity in Christ.

We extend a special welcome to couples celebrating milestone wedding anniversaries—25, 30, 35, 40, 45, 50 years, and beyond - who are invited to share in a celebratory dinner following the Mass. If you plan to attend, please inform your parish priest and indicate which anniversary you are celebrating. **RSVPs must be received by the ICC office by March 15<sup>th</sup>.**

E-mail: [icc.kelowna@nelsondiocese.org](mailto:icc.kelowna@nelsondiocese.org)



## ВЕЛИКИЙ ПІСТ ДЛЯ ДВОХ: 7 ПРОСТИХ КРОКІВ ДО БЛИЗЬКОСТІ

**1. ДОМОВТЕСЯ «НАВИЩО».**  
Виберіть одну спільну мету.

**4. ЩИРА ВІДВЕРТА РОЗМОВА.**  
Раз на тиждень діліться:  
що було важко, за що вдячні.

**2. МОЛІТЬСЯ РАЗОМ.**  
Навіть 2 хвилини  
тримаючись за руки.

**5. ЗРОБІТЬ ДОБРЕ ДІЛО РАЗОМ.**  
Допоможіть комусь —  
це об'єднує.

**3. НЕ БУДЬТЕ «ПОЛІЦІЄЮ».**  
Слідкуйте за своїм серцем,  
а не за чужою тарілкою.

**6. МИРІТЬСЯ ПЕРШИМИ.**  
Не чекайте вибачень, нехай  
це буде час прощення.

**7. РОБІТЬ МАЛЕНЬКІ ПРИЄМНОСТІ.**  
Помити посуд замість  
когось, вислухати.

**СУТЬ: БУДЬТЕ НЕ ПРОСТО ПАРОЮ, А НАДІЙНИМИ СОЮЗНИКАМИ.**

Please, let us know about your attendance at our Parish Easter Potluck Lunch after the one 9 a.m. bilingual Divine Liturgy on **Sunday of April 12<sup>th</sup>, 2026 A.D.** by signing up a list located at the entrance to the church in the vestibule and parish hall, phoning or sending an email our parish office manager by no later than 3 p.m. on Wednesday of April 8<sup>th</sup>, 2026 A.D. It will truly help us to know the amount of food to be prepared for the parishioners and guests attending.

**Home Blessing and Pastoral Annual Visitations** sign up list, to arrange with Pastor Rev. Fr. Pavlo Myts the actual date and time, is available at the entrance to the church in the vestibule and at the parish hall.

**Easter Flowers donations are very welcomed to help decoration The House of The Lord our parish church.**

### Ukrainian Catholic Easter Traditions

By Rev. Fr. Anthony Holowaychuk

For many Ukrainians, Easter would not be Easter without the traditional Easter Basket. Going back in time we discover that in our tradition, Lent used to be a time of strict fasting and abstaining from meat, eggs and dairy products for the whole season. To show joy and thanksgiving at the end of Lent, the faithful took foods to be blessed at the Easter Morning Divine Liturgy and, bringing it home, the entire family shared it to "Break-the-Fast". The first food to "Break-the-Fast" was the blessed egg.

**Eggs** are a sign of hope and resurrection. Jesus comes from the tomb as the chick breaks the shell at birth. Because of the special meaning, it is fitting that the eggs should be decorated with symbols of Easter, and blessed.

**Meats and Sausage** represent the animals used for sacrifices in the Old Testament. They remind us of Christ who, in the New Testament, as a Lamb, sacrificed himself on the cross for our salvation. The sausage represents the links of the chains of death, which Christ broke by His Resurrection.

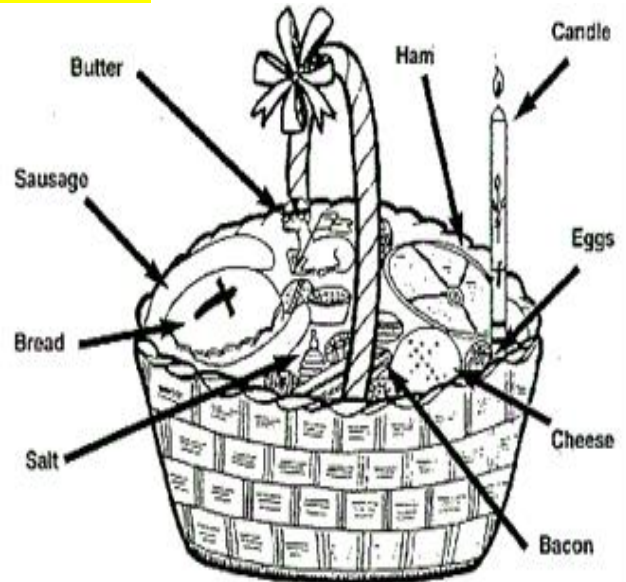
**Paska (Easter Bread)** is symbolic of Jesus who said: "I am the Bread of Life". He gives Himself as food in the Eucharist saying: "Whoever eats of this Bread will have life everlasting".

**Horseradish** represents the bitter herbs prescribed in the original Passover Meal as a reminder of the bitterness of life in the captivity of Egypt. Today it reminds us of the bitterness of Christ's Passion, the pains of crucifixion by which He entered into the glory of Resurrection.

**Salt** is the symbol of perseverance of faith, according to the words of Christ: "You are the salt of the earth" (Mt. 5:13)

**Cheese and Butter** are related to prosperity, abundance and peace in the Promised Land. They remind us of the abundance of graces and peace granted to us by the Risen Christ.

**All the foods were traditionally blessed in church early Easter Morning following the Divine Liturgy...** Each basket should have a lighted candle as a symbol of the radiance of the Resurrected Christ, who said: "I am the Light of the World" (Jn. 8:12).



# OUR JOURNEY TO PASCHA! 2026

Created by Fr. Jonathan Bannon (ACROD)

Adapted by Fr. Vitalii Stashkevych (BCC) for the Gregorian Calendar

## SUNDAYS

## THEMES / GOSPEL READING

## HOW TO PARTICIPATE:

Fast - Free Week  
JANUARY 25<sup>TH</sup>



**Publican and the Pharisee**  
Epistle: 2 Timothy 3:10-15  
Gospel: Luke 18:10-14

Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.

Normal Fast Week  
FEBRUARY 1<sup>ST</sup>



**The Prodigal Son Returns!**  
Epistle: 1 Corinthians 6:12-20  
Gospel: Luke 15:11-32

Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.

Meatfare  
FEBRUARY 8<sup>TH</sup>  
FAREWELL TO MEAT TODAY



**The Last Judgement**  
Epistle: 1 Corinthians 8:8-9:2  
Gospel: Matthew 25:31-46

Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.

Cheesefare  
FEBRUARY 15<sup>TH</sup>  
FAREWELL TO CHEESE TODAY



**Adam and Eve are cast from Paradise!**  
FORGIVENESS SUNDAY  
Epistle: Romans 13:11-14:4  
Gospel: Matthew 6:14-21

Ask each other for forgiveness each evening this week before bed.

1<sup>ST</sup> Sunday of Lent  
FEBRUARY 22<sup>ND</sup>



.....  
GREAT LENT BEGINS WITH FORGIVENESS VESPERS  
**SUNDAY of ORTHODOXY**  
Epistle: Hebrews 11:24-26, 32-12:2  
Gospel: John 1:43-51

Bring an icon to church for a procession.

2<sup>ND</sup> Sunday of Lent  
MARCH 1<sup>ST</sup>



**ST GREGORY PALAMAS**  
Epistle: Hebrews 1:10-2:3  
Gospel: Mark 2:1-12

Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.

3<sup>RD</sup> Sunday of Lent  
MARCH 8<sup>TH</sup>



**VENERATION OF THE HOLY CROSS**  
HALF WAY TO PASCHA!  
Epistle: Hebrews 4:14-5:6  
Gospel: Mark 8:34-9:1

Wear your cross to church and kiss the cross each morning with a bow!

4<sup>TH</sup> Sunday of Lent  
MARCH 15<sup>TH</sup>



**ST JOHN of the LADDER**  
Epistle: Hebrews 6:13-20  
Gospel: Mark 9:17-31

Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!

5<sup>TH</sup> Sunday of Lent  
MARCH 22<sup>ND</sup>



**ST MARY of EGYPT**  
Epistle: Hebrews 9:11-14  
Gospel: Mark 10:32-45

Ask the Theotokos to offer you and the world pure thoughts and ideas this week.

PALM SUNDAY  
MARCH 29<sup>TH</sup>  
GREAT WEEK BEGINS



.....  
GREAT AND HOLY WEEK  
**ENTRY OF OUR LORD INTO JERUSALEM**  
Epistle: Philippians 4:4-9  
Gospel: John 12:1-18

Place your palm branches and pussywillows behind an icon at home and in your car!

GREAT AND HOLY FRIDAY  
APRIL 3<sup>RD</sup>



.....  
GREAT AND HOLY FRIDAY  
JESUS DIES ON THE CROSS  
CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE

Refrain from TV, Internet & Phones to honor Christ's Death.

FEAST OF FEASTS!  
APRIL 5<sup>TH</sup>  
NO FASTING!



.....  
BRIGHT WEEK  
**HOLY PASCHA! (CHRIST IS RISEN!)**  
Epistle: Acts 1:1-8 Gospel: John 1:1-17

Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

## MINIMUM FASTING AND ABSTINENCE PRESCRIBED FOR THE UGCC

according to the 2018 Particular Law of the UGCC

### FOR THE WHOLE YEAR

#### Fridays

Abstinence from meat and foods that contain these ingredients (except during periods of dispensation)

### FASTING PERIODS

#### Great Fast

Obligation to Fast during this period

First Day of the Great Fast (Clean Monday)

Abstinence from meat, dairy and eggs, and foods that contain these ingredients

First Week of the Great Fast

Abstinence from meat and foods that contain these ingredients

Mondays, Wednesdays, Friday of the Great Fast

Abstinence from meat and foods that contain these ingredients

#### Great and Holy Week

Obligation to Fast during this period

Abstinence from meat and foods that contain these ingredients

#### Great and Holy Friday

Abstinence from meat, dairy and eggs, and foods that contain these ingredients

#### Apostles Fast

Obligation to Fast during this period

Wednesdays and Fridays - Abstinence from meat and foods that contain these ingredients

#### Dormition Fast

Obligation to Fast during this period.

Wednesdays and Fridays - Abstinence from meat and foods that contain these ingredients

#### Nativity Fast

Obligation to Fast during this period

Wednesdays and Fridays - Abstinence from meat and foods that contain these ingredients

### SPECIFIC DAYS OF FASTING

September 14 Exaltation of the Holy Cross

December 24 Vigil of the Nativity

Abstinence from meat and eggs (and, traditionally, dairy) and foods that contain these ingredients

January 5

Vigil of Theophany

Abstinence from meat and eggs (and, traditionally, dairy) and foods that contain these ingredients

August 29

Beheading of John the Baptist

### PERIODS OF DISPENSATION

December 25 to January 4

Sunday of the Publican and Pharisee to Sunday of the Prodigal Son

Pascha to Thomas Sunday

Pentecost to All Saints Sunday

### LEGEND



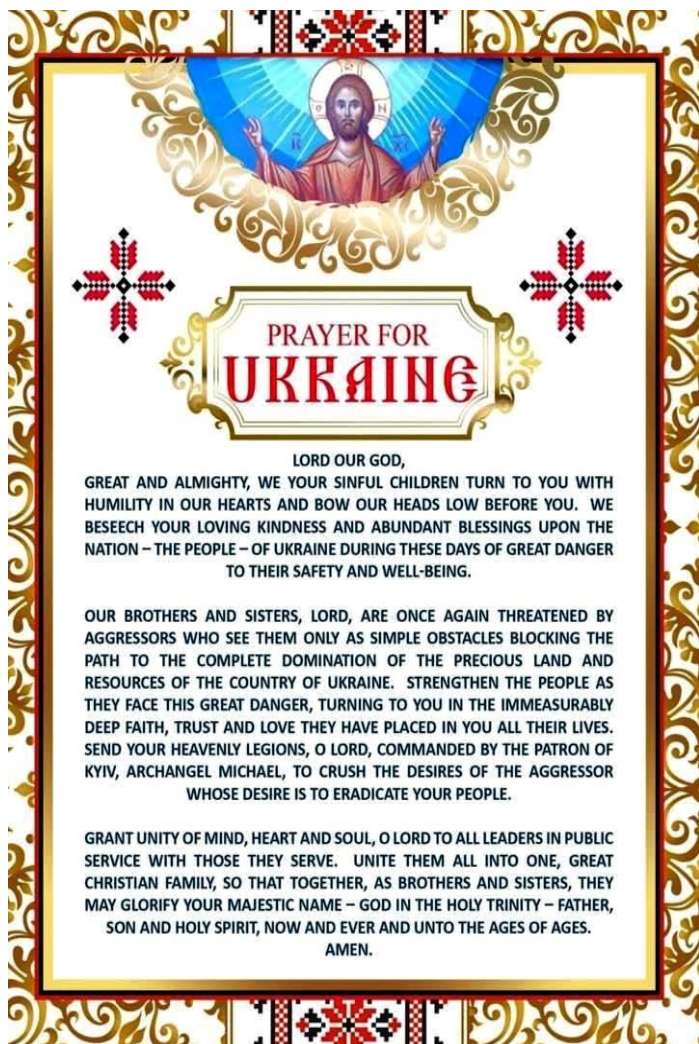
Day when we must go to Church for the Divine Liturgy



Day when it is highly encouraged that we go to Church



Days of fasting - main meal of the day is smaller than the two other meals combined

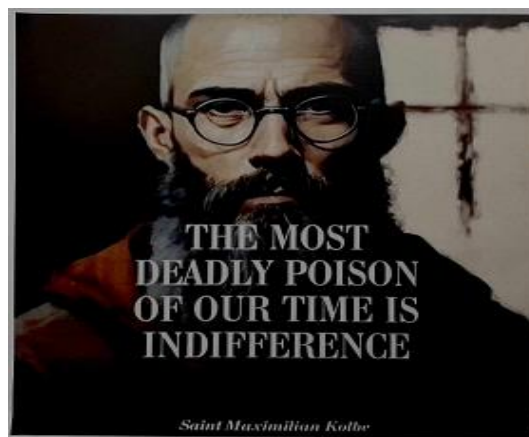


**PRAYER FOR  
UKRAINE**

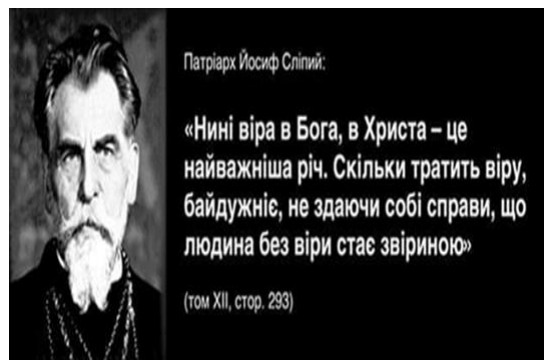
LORD OUR GOD,  
GREAT AND ALMIGHTY, WE YOUR SINFUL CHILDREN TURN TO YOU WITH  
HUMILITY IN OUR HEARTS AND BOW OUR HEADS LOW BEFORE YOU. WE  
BESEECH YOUR LOVING KINDNESS AND ABUNDANT BLESSINGS UPON THE  
NATION – THE PEOPLE – OF UKRAINE DURING THESE DAYS OF GREAT DANGER  
TO THEIR SAFETY AND WELL-BEING.

OUR BROTHERS AND SISTERS, LORD, ARE ONCE AGAIN THREATENED BY  
AGGRESSORS WHO SEE THEM ONLY AS SIMPLE OBSTACLES BLOCKING THE  
PATH TO THE COMPLETE DOMINATION OF THE PRECIOUS LAND AND  
RESOURCES OF THE COUNTRY OF UKRAINE. STRENGTHEN THE PEOPLE AS  
THEY FACE THIS GREAT DANGER, TURNING TO YOU IN THE IMMEASURABLY  
DEEP FAITH, TRUST AND LOVE THEY HAVE PLACED IN YOU ALL THEIR LIVES.  
SEND YOUR HEAVENLY LEGIONS, O LORD, COMMANDED BY THE PATRON OF  
KYIV, ARCHANGEL MICHAEL, TO CRUSH THE DESIRES OF THE AGGRESSOR  
WHOSE DESIRE IS TO ERADICATE YOUR PEOPLE.

GRANT UNITY OF MIND, HEART AND SOUL, O LORD TO ALL LEADERS IN PUBLIC  
SERVICE WITH THOSE THEY SERVE. UNITE THEM ALL INTO ONE, GREAT  
CHRISTIAN FAMILY, SO THAT TOGETHER, AS BROTHERS AND SISTERS, THEY  
MAY GLORIFY YOUR MAJESTIC NAME – GOD IN THE HOLY TRINITY – FATHER,  
SON AND HOLY SPIRIT, NOW AND EVER AND UNTO THE AGES OF AGES.  
AMEN.



**«Найсмертоноснішою отрутою нашого часу є  
байдужість!»  
– нагадує сьогодні всім нам святий Максиміліан Кольбе**



**Patriarch Josyf Cardinal Slipyj teaches and reminds all:**  
“Today faith in God, in Christ – is the most important thing.  
How many people lose their faith,  
become careless,  
do not even realize, that a human person without faith  
becomes an animal. (vol. XII, page 293)



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