

THE CATHOLIC PARISH OF THE
DORMITION

OF THE MOST HOLY MOTHER OF GOD

ΠΑΡΑΦΙΑ ΥΣΠΙΝΙΑ ΠΡΕΣΒ. ΒΟΓΟΡΟΔΗΝΤΣΙ

A PARISH OF THE UKRAINIAN CATHOLIC EPARCHY OF EDMONTON

Address:

15608 -104 Avenue,
Edmonton, AB
T5P 4G5

Services:

Sunday Divine Liturgy
(Ukr & Eng) at 10 am
& Melkite (Arabic) D.L.
at 2 pm

Akathist or Molebyn
Most Wednesdays at 6 pm
(see calendar)

Parish Website:

<http://dormition.eeparchy.com>

Twitter:

@dormitionparish
<https://twitter.com/dormitionparish>

Eparchial Website:

www.eeparchy.com

Pastor:

Fr. Bo Nahachewsky

Fr. Bo's cell phone:

780-340-FR.BO (3726)

Fr. Bo's Email:

fr.bo.nahachewsky
@gmail.com

Sunday, March 3, 2019

Sunday of Cheesefare - Sunday of Forgiveness

The Holy Martyrs Eutropius and His Companions Cleonicus and Basiliscus (286-305)

Weekday Evening & Saturday
Beginning of the Great Fast

**Iconography
Workshop**

March 4 - 9, 2019 at Dormition Parish in Edmonton

This whole week there are 8 (so far) students who are participating in our Lenten Icon Workshop here in our parish. Please pray for us as we learn about both painting and becoming the image of Christ.

No Bible Study or Presanctified Liturgies this week due to this workshop. You are still welcome (and encouraged) to come and pray in the Church if you wish. Fr. Bo will have the Church's Hall doors open from at least 5:30 till 9:00 pm each evening.

The Melkites will still have their Tuesday and Friday Lenten services (in Arabic)

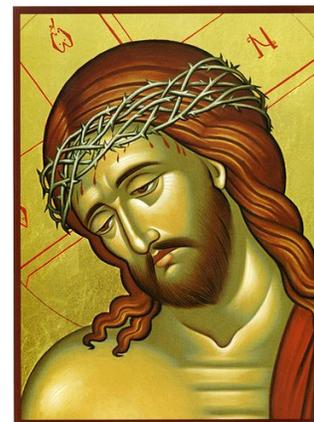
**ANNUAL
GENERAL
MEETING**

Next Sunday our parish will have it's Annual General Meeting. At this important meeting we will discuss our parish's recent past, our present needs, and future direction, and elect our new Parish Pastoral Council. Everyone is asked to attend and participate. More about this inside this bulletin.

The Great Fast

-an excerpt from Fr. Thomas Hopko's Book: The Orthodox Faith

The season of Great Lent is the time of preparation for the feast of the Resurrection of Christ. It is the living symbol of man's entire life which is to be fulfilled in his own resurrection from the dead with Christ. It is a time of renewed devotion: of prayer, fasting, and almsgiving. It is a time of repentance, a real renewal of our minds, hearts and deeds in conformity with Christ and his teachings. It is the time, most of all, of our return to the great commandments of loving God and our neighbours.



Continued on next page.

The Great Fast continued...

In the Church, Great Lent is not a season of morbidity and gloominess. On the contrary, it is a time of joyfulness and purification. We are called to “anoint our faces” and to “cleanse our bodies as we cleanse our souls.” The very first hymns of the very first service of Great Lent set the proper tone of the season:

Let us begin the lenten time with delight ... let us fast from passions as we fast from food, taking pleasure in the good words of the Spirit, that we may be granted to see the holy passion of Christ our God and his holy Pascha, spiritually rejoicing.

Thy grace has arisen upon us, O Lord, the illumination of our souls has shown forth; behold, now is the acceptable time; behold, now is the time of repentance (Vespers Hymns).

It is our repentance that God desires, not our remorse. We sorrow for our sins, but we do so in the joy of God’s mercy. We mortify our flesh, but we do so in the joy of our resurrection into life everlasting. We make ready for the resurrection during Great Lent, both Christ’s Resurrection and our own.

Saints of the Day: (text from the OCA website)

The Holy Martyrs Eutropius, Cleonicus and Basiliscus suffered in the city of Pontine Amasea (Asia Minor) in about the year 308.

The brothers Eutropius and Cleonicus, and Basiliscus the nephew of the Great Martyr Theodore the Recruit (February 17), were comrades. After the martyric death of Saint Theodore, they wound up in prison and by their preaching brought many of the pagans in prison with them to the Christian Faith.

When he tortured Saint Theodore, Publius perished shamefully, struck down by divine wrath. Asclepiodotus was chosen as ruler of Amasea, and was more inhumane than his predecessor. Knowing the comrades of Saint Theodore the Recruit were all in prison, the governor commanded that they be brought to him. Saints Eutropius, Cleonicus and Basiliscus thus firmly confessed their faith in Christ before this new governor. They were mercilessly beaten, so that their bodies were entirely bruised.

As he was being tortured Saint Eutropius prayed loudly to the Saviour, “Grant us, O Lord, to endure these wounds for the sake of the crown of martyrdom, and help us, as You helped Your servant Theodore.” In answer to the saint’s prayer, the Lord Himself appeared to the martyrs with His angels and the holy Great Martyr Theodore the Recruit, saying to them: “Behold, the Saviour has come to help you, that you may know life eternal.”

Soldiers and many of the people standing nearby were also granted to behold the Saviour. They urged Asclepiodotus to halt the tortures. Seeing that the people were distraught and ready to believe in the true God, the governor commanded the martyrs to be taken away. The governor then invited Saint Eutropius to supper and urged him to offer public sacrifice to the pagan gods, yet remain a Christian in soul. Eutropius refused this offer.

On the following day they brought the martyrs to a pagan temple, to force them to offer sacrifice. Eutropius entreated the Saviour: “Lord, be with us, and destroy the raging of the pagans. Grant that on this place the Bloodless Sacrifice of the Christians be offered to You, the true God.” No sooner had these last words been spoken, than an earthquake began. The walls of the temple collapsed, and

the statue of the goddess Artemis was smashed to bits. Everyone fled from the temple to avoid being crushed among the rubble. In the noise of the earthquake a voice was heard from on high: “Your prayer has been heard, and on this place a house of Christian prayer shall be built.”



When the earthquake ended, the governor Asclepiodotus, barely recovered from his fright, gave orders to drive high wooden stakes into the ground, tie the martyrs to them and pour boiling tar over them. The saints began to pray to God, and Eutropius cried out turning to the torturers: “May the Lord turn your deed against you!”

The tar began to flow beside the bodies of the martyrs, like water with marble, scorching the torturers. Those seeing this fled in terror, but the governor in his bitterness gave orders to rake their bodies with iron hooks and to sting their wounds with mustard mixed with salt and vinegar. The saints endured these torments with remarkable firmness.

The night before their execution the saints spent their time at prayer, and again the Lord appeared to them and strengthened them.

On the morning of March 3, Saints Eutropius and Cleonicus were crucified, but Basiliscus was left in prison.

Saint Basiliscus was executed on May 22 in the city of Komana. They beheaded him, and threw his body into a river, but Christians found his relics and buried them in a ploughed field. Later at Komana a church was built and dedicated to Saint Basiliscus.



This Lenten Mission is just under 1 month away. See Fr. Bo's plea for help on the next page to help make this event truly spiritually spectacular for our parish(es) and beyond.

A LENTEN MISSION BEFORE THE ICON OF OUR LADY HELP OF PERSECUTED CHRISTIANS



- 6:30 pm Akathist Prayer
- 7:00 pm Mission by Fr. Ephrem Kardouh (from Syria)
- Coffee, Tea & Juice

April 1 (English), **April 2** (English) & **April 3** (Arabic)
at Dormition Catholic Parish: 15608 104 Ave Edmonton

This is a free event. All are welcome, especially families.

Fr. Bo's Pleas for Help re: our Lenten Mission.

Well it's official and it's booked. Our Lenten Mission will happen in slightly less than one month. On April 1, 2 & 3 Fr. Ephrem Kardouh, a Syrian born Catholic Priest will be joining us in prayer and reflection. Fr. Ephrem is currently the pastor of St. Basil's parish in Calgary. He is a beautiful soul. As both a priest and a monk

(hiero-monk) and as a father to hundreds of refugees who fled persecution in Syria he will give a profound mission for us. And... he is fun.



In addition to having such a loved guest, our parish has the EXTREME pleasure of hosting the travelling icon of Our Lady Help of Persecuted Christians. This is a large and beautiful replica of the original which

shows how our Mother indeed cares for and intercedes for the whole church, especially those who are under persecution. This icon is part of the Knights of Columbus' Marian Prayer Program.

Although in our Albertan Society we feel little bits of anti-Christian sentiment from time to time, and we suffer more from apathy than from outside pressure, we must realize that at this time more Christians are being persecuted and martyred than in any previous century. Of course we hear about the tragic beheadings and murders of Christians in the Middle East and Africa, but we also know of many of the faithful who disappear in Eastern Europe (yes, especially in Ukraine), China, and throughout the world. These people NEED our prayers and support.

So... What are Fr. Bo's pleas?

1. Pray that the Lord blesses this Mission. If we pray daily for the next month that this mission will bring forth real spiritual fruit amongst us... it will. Every day pray an "extra" Our Father & Hail Mary, or which ever prayer you feel comfortable praying for the success of this project. It would be extra good if you could say these prayers with others, especially children. The prayers of children are powerful.
2. Let others know about this mission. Next week Fr. Bo will have invitations and posters that you can give out to your friends and families. If we do not invite others to pray and reflect with us then the event will not impact the world as much as it could. Trust me, Fr. Bo will invite people, but it is much more effective if we ALL invite others.
 - In particular I am asking that our parish's UCWLC invite the members of all the city's other UCWLC's and even CWL's from near by Roman Catholic parishes too.
 - And likewise, I would ask the men of the parish to invite other men. The Knights of Columbus will be involved by bringing the icon, and UCBC's (Ukr. Cath. Brotherhoods of Canada - equivalent to the UCWLC but for men) support these types of efforts, but they will not come in numbers unless we invite them!
 - Kids: you too have to invite your friends. Tell your teachers and classmates.
3. Let's work together with St. Nicholas Parish. This mission is not just for us, but it is being put together with our Melkite community too. Let's work WITH them in welcoming people to our joint project. Let's get to know each other and make a great team.
4. Let's be ready for super hospitality. After each night's mission we need to make all of our guests welcome. For this I ask that our coffee, tea and juice be set with joy. If people want to provide snacks that would be great too. Perhaps even lenten-type snack options too, since this mission is during the great fast after all.
5. Flowers! The icon of our Lady is beautiful by itself, but it would be extremely appropriate to decorate it with flowers. Yes, I am aware that during the Great Fast we often don't decorate our church's with flowers, but... this time let's honour our Mother's guidance and protection with an abundance of beautiful blossoms. These are for her, not for us. Now the reality is Fr. Bo is not a florist. If this job is left up to him... (shutter)... well... let's not leave it to him. Please volunteer. Perhaps you know a Catholic florist who would be willing to help or donate.
6. Add your ideas to the ideas already put forward. If you would like to make this event more spiritually beneficial, then please tell Fr. Bo your plans.





March 15 - 16, 2019 Social Mission Retreat



Social Mission Workshop/Retreat: March 15, 16 at Camp Oselia. This will be a jam-packed 24 hours! Beginning at 6:30 pm on Friday and ending at 6:30 pm on Saturday. COST: \$70.00. Register NOW! 780-424-5496 or by going to CampOselia.com and clicking on the links.

We will focus on two themes:

- our relationship as Ukrainian Catholics with the Indigenous community. We will learn about each other and spend time sharing.
- the concerns of the environment and ways that we can move our Eparchy toward a better treatment of the gift of the earth.

A shuttle to Camp Oselia will be provided if there is an interest.

Teach Us to Pray Thursdays March 14 - April 25

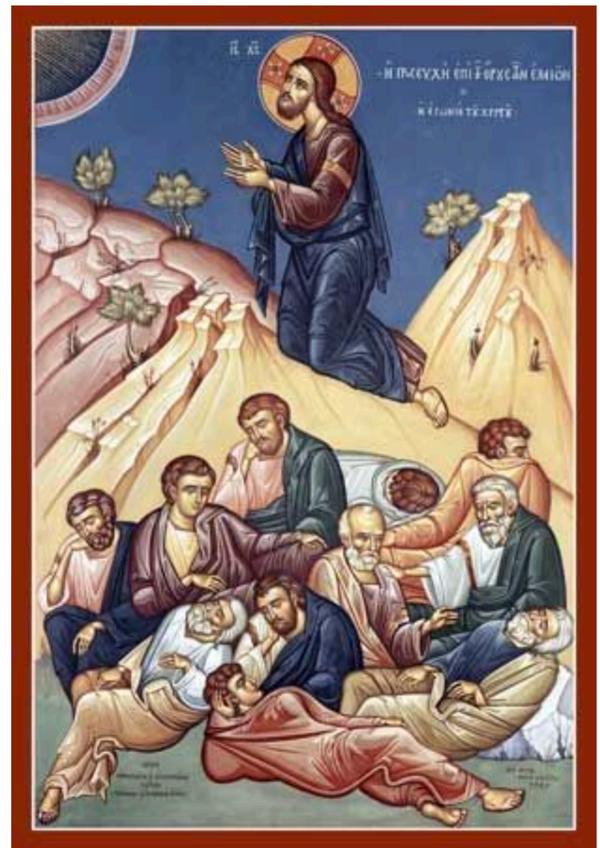
In the Gospel of Luke (Lk 11:1-2) one of the disciples said to Jesus "Teach us to pray." They had seen Jesus pray often and understood the importance of frequent prayer. We know that prayer must be at the heart of our own journey towards an ever closer relationship with God but it is not always easy. In this series of presentations we will explore various way of praying and will be presented with practical ways to build a consistent rule of prayer in our lives. Sessions will consist of a presentation and will conclude with prayer. **There is no registration. You are welcome to attend any or all of the sessions.**

- **March 14** – Fr. Mihajlo Planchak – The Our Father and The Prayer before Communion
- **March 21** – Fr. Peter Babej – The Rosary and the new Rosary Book
- **March 28** – Fr. Michael Winn – Contemplative Prayer – The Jesus Prayer
- **April 4** – Fr. Bo Nahachewsky – Praying with Icons
- **April 11** – Fr. Danylo Kuc – Praying the Psalms - (at Verkhovyna Hall)
- **April 25** – Fr. Stephen Wojcichowsky – Prayers of the Divine Liturgy

All sessions run 7:00 - 8:30 pm except the last one which will run 7:00 - 9:00pm

LOCATION: HERE at Dormition Parish, 15608 – 104 Ave, except April 11, which will be held at Verkhovyna Hall 9637- 108 Ave in conjunction with a Home of Hope Fundraiser. Check the Edmonton Eparchy website for details.

Let's be Great Hosts!



During the Great Fast our
“Bible Study with an Eastern Twist”
continues, but at a new time!

Now Wednesdays at 6pm (an hour before the 7pm Presanctified Liturgies)

ANNUAL GENERAL MEETING

Our AGM will take place **Next Sunday** after the Liturgy.
ALL parishioners are encouraged to participate.

Not only will we quickly and efficiently look at our past year's financials and joyfully with abundant speed elect our new Parish Pastoral Council (PPC), but we will also look at our parish's current needs, and future plans including:

- The unveiling of our new Parish Mission Statement,
- Plans for a monthly family friendly "Children's Liturgy",
- The "Liturgical Singing Project",
- Restoration of our parish's Tabernacle and other liturgical improvements,
- Fixing doors, locks, the musty smell in the basement, wheel chair accessibility (front threshold in particular), and other issues with our building
- Your positive, constructive ideas,
- and more...

This year the nominating committee is **proposing** the following people for positions on the **2019** Parish Pastoral Council.
Nominations will also be taken from the floor for any position at the AGM.

President:	Simon Prayma
Co-Vice President:	John Vizza
Co-Vice President:	Iryna Laschuk
Treasurer:	Alex Schabel
Secretary:	Sharon Lonsberry
Past President:	Helen Sirman
3 year Director:	Sharilynn Shakeshaft
2 year Director:	Steve Konowalec
1 year Director:	Jordan Schabel
UCWLC President:	Virginia Sharek
Finance Committee:	
Chair	Iryna Laschuk
Treasurer	Alex Schabel
Member	Sheila Leiding
Member	Johnathan Sharek

I would like to heartily thank the previous **2018** executive which were as follows:

President:	Helen Sirman
Vice President:	Greg Ostopowich
Treasurer:	Alex Schabel
Secretary:	Martha Dashkewytch
Past President:	Alex Schabel
3 year Director:	Steve Konowalec
2 year Director:	Jordan Schabel
1 year Director:	Bill Shostak
UCWLC President:	Virginia Sharek
Finance Committee:	
Chair:	Iryna Laschuk
Treasurer:	Alex Schabel
Member:	Simon Pryma
Member:	Jonathon Sharek

May God bless you all with an abundance of joy and peace.
Thank you.

(P.S. you are still on duty till next week...)

Other Dormition News

- **The 2018 tax receipts** are done and sent (I believe). Look for yours in your mailbox.
- We pray for the **health and well-being** of all the servants and handmaidens of God who need our prayers: Fr. Stephen Wojcichowski, Sarah Komar, Marge Woitas, Katie Bunio, Stella Dronyk, John Puto, Ann Horsman, Annie Polack, Louis Pewar & Rosa Maria Santos. (If you know any other people who should be on this list: please email Fr. Bo.)
- Happy Birthday to our parishioner **Natasha Gerace, Steve Konowalec, Catherine Ostopowich** and **Jess Lastiwka** who all celebrate their birthdays this week. May God grant you all

many years. (If we don't have your birthday, or if we have your birthday info wrong... please send an email.)

- **Confessions:** Fr. Bo is always around before services, so please do not hesitate to ask him to hear your confession. If you are planning to make a "longer" confession, he is always available by appointment too.
- Our program for little children is called "**Little Friends of Jesus**" and we invite your little one to join us. Our two wonderful teachers are Tanya and Chris. If you have any questions about this program please do not hesitate to contact them. Here is our LFOJ schedule: March 3; March 17; April 14; April 28; May 5; May 26; June 9

Epistle Reader & other Liturgical Stuff Schedule: We really want as much participation in the Liturgy from everyone as possible. If you would like to volunteer in any way including reading/singing the Epistle, helping lead the singing, ushering, helping as a sacristan, helping the kids ring bells, altar serving, etc... please let us know.

This schedule is always likely to be tweaked, so please look it over regularly.

Date	Epistle Readers	Is there "Little Friends of Jesus" this day?	Anticipated Cantor (singing leader)
March 3	John & Natasha	Yes	Marta and/or Helen
March 10	Genyk family & Tanya	No	Marta and/or Helen
March 17	Chris & Jordan	Yes	TBA
March 24	Roman & Peter/Donna	No	Marta and/or Helen
March 31	Helen & Bill	No	TBA
April 7	Roman & Don Kwas	No	TBA
April 14	Pryma Family	Yes	Marta and/or Helen
April 21 (Easter Sunday)	Alex & Virginia	No	TBD
April 28	John S. & Natasha	Yes	TBD
May 5	Genyk family & Tanya	Yes	TBD

Find out about our 5 Great Summer Camps and other great programs at: **CampOselia.com**



- All registrations for camp are now ONLINE. No more losing papers, writing checks, and wondering if you are really registered or not.
- Retreats for everyone including Adults and Youth happen at the camp. Check out the website for more details.
- Are you looking for a great place to rent for your school? family reunion? business meetings? Check out the camp! we have accommodations for up to 96 individuals.
- Camp Oselia is currently looking for a nurse, cook, grounds keeper, environmental education coordinator, camp counsellors and junior counsellors for summer camp! Please send your application or more information to Millie at youth@eeparchy.com

Understanding the Parish Calendar:

In order to get feedback on all the Great Fast, Holy Week and Lenten season I am publishing the entire calendar for the next while. I am not sure what was done in the past, but this is what I am thinking to do this year. If you have comments please send them via email or text to Fr. Bo (sadly, telling him in church while he is not focused will likely go in one ear and out the other).

Days with a fish “🐟” are days where the Ukrainian Catholic Church prescribes the people to abstain from eating meat.

Days with a fish followed by an exclamation mark “🐟!” are Fasting days where not only meat are abstained from, but also dairy and all other meat products.

Dormition Parish’s Services are in RED.
St. Nicholas Melkite’s Services are in GREEN.
Programs for All are in BLUE.

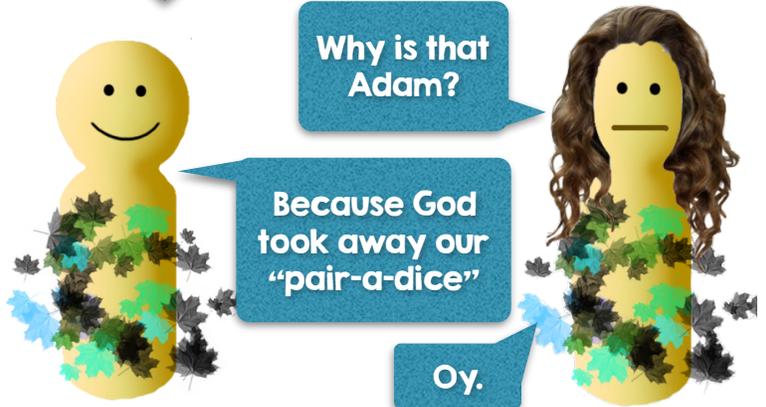
However if you are reading this bulletin in print... likely it was printed in black and white. You can see a coloured version on the parish website.

Hey Eve. Now that we sinned, I guess we are not even able to gamble any more.

Why is that Adam?

Because God took away our “pair-a-dice”

Oy.



On March 31, April 7 & April 14, one of our famous parishioners Marge (or her family) will be selling “pysanke” (Ukrainian Easter Eggs) in our parish hall after liturgy. Check them out, they are quite beautiful.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Forgiveness Sunday 10 am Divine Liturgy Panachyda for + Zonie Ostopowich Melkite’s Lunch 2 pm Melkite Liturgy	4 🐟! Clean Monday - The 1st Day of the Great Fast 6 pm Icon Workshop (If no Icon Workshop then) 7 pm Melkite Youth Practice Natasha Gerace’s & Steve Konowalec’s Birthday	5 🐟 1pm Pastoral Centre Staff Meeting 6 pm Icon Workshop 6:30 pm Melkite’s Lenten Vespers	6 🐟 11am Fr. Bo at St Francis Xavier High School 2pm Deanery Meeting 6 pm Icon Workshop	7 🐟 Faith Family and Friends Icon Painting at St. Nicholas Parish 6 pm Icon Workshop Catherine Ostopowich’s and Jess Lastiwka’s Birthdays	8 🐟 6:30 pm Icon Workshop 6:30 pm Melkite’s Akathist	9 🐟 9 am - 9pm Icon Workshop
10 1st Sunday 10 am Divine Liturgy Dormition’s AGM 2 pm Melkite Liturgy	11 🐟 7 pm Melkite Youth Practice	12 6:30 pm Melkite’s Lenten Vespers Helen Moneta’s Birthday	13 🐟 6 pm Bible Study 7 pm Liturgy of the Presanctified Gifts	14 7 pm Teach us to Pray: Our Father	15 🐟 Social Mission Retreat at Camp Oselia 6:30 pm Melkite’s Akathist	16 All Souls Saturday Social Mission Retreat at Camp Oselia
17 2nd Sunday 10 am Divine Liturgy Panachyda for + Olga Piasta 2 pm Melkite Liturgy Parish Casino	18 🐟 Parish Casino 7 pm Melkite Youth Practice Shirley PEAR’S Birthday	19 Clergy Conference 6:30 pm Melkite’s Lenten Vespers	20 🐟 6 pm Bible Study 7 pm Liturgy of the Presanctified Gifts	21 Faith Family and Friends Icon Painting at St. Nicholas Parish 7 pm Teach us to Pray: Rosary	22 🐟 6:30 pm Melkite’s Akathist Youth Retreat @ Oselia Verna Hnatiuk’s and Stephen Sokolowski’s Birthdays	23 All Souls Saturday Youth Retreat @ Oselia

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 Sunday of the Holy Cross 10 am Divine Liturgy 2 pm Melkite Liturgy	25 🐟 Feast of the Annunciation 6pm Divine Liturgy	26 6:30 pm Melkite's Lenten Vespers	27 🐟 6 pm Bible Study 7 pm Liturgy of the Presanctified Gifts	28 7 pm Teach us to Pray: Jesus Prayer Virginia Sharek's Birthday	29 🐟 6:30 pm Melkite's Akathist	30 All Souls Saturday
31 4th Sunday 10 am Divine Liturgy 2 pm Melkite Liturgy Easter egg sale	April 1 🐟 6:30 pm Mission with Fr. Ephrem English Christine Lirette's Birthday	2 6:30 pm Mission with Fr. Ephrem English Christina Hundt's Birthday	3 🐟 6:30 pm Mission with Fr. Ephrem Arabic	4 Faith Family and Friends Icon Painting at St. Nicholas Parish? 7 pm "How to Pray" (Icons) Christopher Bawol's Birthday	5 🐟 6:30 pm Melkite's Akathist Adult Retreat @ Oselia	6 Adult Retreat @ Oselia
7 5th Sunday 10 am Divine Liturgy 11:30 Baptism 2 pm Melkite Liturgy Easter egg sale	8 🐟 7 pm Melkite Youth Practice Paul Sharek's Birthday	9 6:30 pm Melkite's Lenten Vespers	10 🐟 6 pm Bible Study 7 pm Liturgy of the Presanctified Gifts Theodore Nahachewsky's Birthday	11 7 pm Teach us to Pray: Psalms @ Cathedral Catherine Bawol's Birthday	12 🐟	13 Lazarus Saturday Stella Benko's and Jordan Schabel's Birthdays
14 Palm Sunday 10 am Divine Liturgy 2 pm Melkite Liturgy Easter egg sale Donald Kwas' Birthday	15 🐟	16 🐟	17 🐟 3 pm Liturgy of the Presanctified Gifts with Anointing of the Sick 7pm Vespers with Anointing of the Sick	18 🐟 ? am DL with Bishop @ Cathedral 3 pm Matins of the Passion "The 12 Gospels" 7 pm Matins of the Passion "The 12 Gospels"	19 🐟! Good Friday 3 pm Good Friday Vespers 7 pm Good Friday Vespers Tasha Orysiuk's Birthday	20 🐟 Holy Saturday 3 pm Vespers, DL of St. Basil Peter Oprysho's and Nola Sokolowski's Birthdays
21 PASCHA! 8:30 am "Nadhrobne" 9 am Res. Matins 10 am Res. Divine Liturgy & Blessing of Baskets 2 pm Melkite Res. Liturgy Julianna Bryson's and Alexandr Artymkov's Birthdays	22 Jonathan Sharek's and Brian Ostopowich's Birthdays	23 Sinon Pryma's Birthday	24 No Bible Study	25 7 pm Teach us to Pray: Divine Liturgy	26	27 Erick Kwas' Birthday

SUNDAY, MARCH 3 - DIVINE LITURGY CHANGEABLE PARTS

Troparion: You came down from on high, O Merciful One,* and accepted three days of burial* to free us from our sufferings.* O Lord, our life and our resurrection,* glory be to You.

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Kontakion: 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.

Prokeimenon:

Pray and give praise to the Lord our God.* Pray and give praise to the Lord our God.

verse: In Judea God is known; His name is great in Israel. (Psalm 75:12,2)

Epistle Romans 13:11-14:4

Brothers and Sisters: Besides this, you know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armour of light; let us live honourably as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

Welcome those who are weak in faith, but not for the purpose of quarrelling over opinions. Some believe in eating anything, while the weak eat only vegetables. Those who eat must not despise

those who abstain, and those who abstain must not pass judgment on those who eat; for God has welcomed them. Who are you to pass judgment on servants of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand.

Alleluia:

verse: It is good to give praise to the Lord, and to sing to Your name, O Most High.

verse: To announce Your mercy in the morning and Your truth every night. (Psalm 91:2,3)

Gospel Matthew 6:14-21

The Lord said: For if you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses.

“And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

“Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

Communion Hymn

Praise the Lord from the heavens;* praise Him in the highest.* Alleluia, alleluia,* alleluia. (Psalm 148:1)



Today we remember the Servant of God + Zonia Ostopowich who passed away 5 years ago. She was a very active founding member of our parish.

We also welcome Bishop David & Fr. Stephen Wojcichowski who join us in remembering + Zonia.

At the end of the Divine Liturgy we will pray a “Panachyda” (prayers for the deceased) for her. You can find the text on page I55. Note that since these prayers follow the Divine Liturgy we do not repeat the “Usual Beginning” on page I53.

following the Panachyda we will pray the “Service of Forgiveness” which is found on the next page.

The Service of Forgiveness - The Solemn Beginning of the Great Fast

The first week of the Great Fast is called the 'CLEAN WEEK' since during this time the People of God purify themselves in a special way by the practice of strict fast and abstinence and through more intense prayer. The fall of Adam and Eve and their expulsion from Paradise are commemorated on the Sunday that Introduces the First Week of the Great Fast.

If the service is to follow the Divine Liturgy the "Usual Beginning" is omitted.

PRAYER OF ST. EPHREM

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

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

All: O Lord and King, grant me the grace to be aware of my sins and not to judge my brother; for You are blessed now and ever and forever. Amen.
(Prostration)

THE PRAYER OF FORGIVENESS

Priest: On bended knee, let us pray to the Lord. *(Kneel)*

People: Lord, have mercy.

Priest: O Lord, Jesus Christ, our God and hope of all on land and of those far away at sea, you have established these holy days of fasting by Your law and the prophets, as a way for our mortification and repentance. At the proper time, You manifested Yourself in the flesh on this earth, and by Your fast of forty days and nights, You sanctified the practice of fasting and commanded us to follow Your example. As a merciful and gracious God, enable us to begin these holy days of the Great Fast with perfect repentance, with humility instead of hypocrisy, with fervent prayer, with hunger and thirst, with frequent prostrations, and with a contrite heart. Enable us also to complete this time of the Great Fast without fault and with a pure conscience, keeping our faith intact and achieving victory over sin. Send us an angel of peace to watch over our lives, to protect us from all snares of our enemies, and to assist us in the performance of good deeds. Strengthen us by Your power so that we may accomplish the spiritual works of the Great Fast. Then, with our passions in control

and our souls and bodies properly cleansed, we will be worthy to partake, without condemnation, of Your most pure Body and Your most precious and life-giving Blood. For You are the merciful and gracious Lover of Mankind Who come down to earth to save all; and we give glory to You and Your Eternal Father and Your all holy gracious, and life-giving Spirit, now and ever, and forever.

People: Amen.

DISMISSAL *(Stand)*

Priest: Glory be to You, O Christ, our God, our hope; glory be to You.

People: Glory be to the Father, and to the Son and to the Holy Spirit, now and ever and forever. Amen.
Lord, have mercy. Lord, have mercy. Lord, have mercy.
Give the blessing!

Priest: May Christ our true God, have mercy on us and save us through the prayers of His most pure Mother, and of the glorious and illustrious Apostles and of our holy Father John Chrysostom Archbishop of Constantinople and of all the saints, for He is gracious and loves mankind.

People: Amen.

Then, prostrating before the assembled Body of Christ, the Priest begs from the Faithful their forgiveness, saying:

Priest: Holy brothers and sisters, forgive me, a sinner, and pray for me.

People: God forgives May the Lord forgive you, Father, and have mercy on you. Also forgive us Father, and pray for us!

Priest: God forgives! May He have mercy on us and forgive us all.

The people come forward and embrace the priest and receive the anointing with oil. The people then approach one another and mutually seek forgiveness.

Except this week (due to icon workshop) and the week of our Lenten Mission (April 1-3): Liturgies of the Presanctified Gifts will be celebrated on Wednesday evenings at 7pm. Everyone is encouraged to make this beautiful and powerful prayer part of their Lenten journey.