

# Parish & Eparchial News

- **Please pray for** several of our parishioners and family members including (but not limited to) Pauline, Stanley, Fr. Terry, Anne, Brody, Rosann, Jennie, Mickey, Kristopher, Greg, Ross, Ron, Jean, Verna, Miranda, Sarah, Ann & Louis.
- **Happy birthday** to **Marko Laschuk, Paula Holinski, Trish Dubyk, and Melodie Sokolowski-Tower, Katherine Vizza, & Declan Armstrong** who celebrate(s) his/her/their birthday(s) this week. May God grant you many happy years. Mnohaya Lita.
- **Thank You to the Andrusiak family** who donated a new kid sized table for our Family Room. The old one was broken beyond repair, but this new one is lovely.
- **“All Souls Saturdays”**: During the pre-Lenten, Lenten and even Post-Lenten seasons there are 5 days where we as the church pray for all those who died. The first of these days took place yesterday. Thank you to those who came. If you would like the names of your family’s loved ones included into the prayers (**soroko-ooste**) please write them down on a piece of paper and hand them to Fr. Bo, or update them in our parish’s book. The next “All Souls Saturday” will be on March 4<sup>th</sup>. We will do a Parastas at 7 pm that day.
- The Eparchy of Edmonton is hosting a **Cantoring Workshop on Saturday, March 18** (10am-1pm) at St. Josaphat Cathedral (10825-97 Street). Participants are encouraged to attend the 9am Divine Liturgy – the workshop will begin immediately thereafter (approximately 10:15 a.m.) and conclude by 1pm. A light breakfast (coffee, bagels, fruit) will be provided. Online participation available on request. The topic of the workshop is the *Irmosy*: we will cover the hymns to the Mother of God that replace “Dostoino/It is truly right” for several feasts of the liturgical year. All cantors are welcome, regardless of experience: we will divide into groups based on experience and language preference (Ukrainian and English). To register contact Deacon Cyril Kennedy at [liturgy@eeparchy.com](mailto:liturgy@eeparchy.com) or register online at [tinyurl.com/eparchycantor](http://tinyurl.com/eparchycantor). Cost \$25/person.

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## Family Faith and Friends: Supper & Movie Night

**SATURDAY, FEBRUARY 25, 2023 AT 5 PM - 7 PM**

Holy Eucharist Parish 6425 120 Avenue, Edmonton

Bring the whole family! This is a great opportunity to get to know each other better and build a community of faith! Please bring something for potluck. Let us know what you will bring. We will have supper & then watch an Easter themed movie. Confession will be available. Join the Family Faith Friends Facebook group and respond on the page <https://www.facebook.com/groups/1019387668113464/>, email [familyandlife@eeparchy.com](mailto:familyandlife@eeparchy.com) or text Christina 780-914-9093

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## New Podcast Episode



Our MASI podcast "True Light" has a new episode: an interview with our Institute's founder, Fr Andriy Chirovsky. Check it out!

<https://podcasts.apple.com/us/podcast/19-interview-with-fr-andriy-chirovsky-part-1/id1448517556?i=1000599610263>



# Icon Workshop on Now: We are learning, praying, painting and growing together.

Here are pictures of our icons which are only ½ finished.







**So... Why do we Eastern Christians start the Great Fast on "Forgiveness Monday" and not on "Ash Wednesday" like Western Christians?**

Well. I know why we Byzantine Catholics start on Monday, but I didn't know why RCs start on Wednesday. Till now.

The easiest way to explain this is to draw it out, so I made us all a calendar on the next page.

First let's explain what I understand well. Byzantine Catholics (that's us) start the season of the Great Fast 40 days before Holy Week. This first day is called "Clean Monday", and technically it starts at sundown on Sunday evening. Why? Because the Church always starts the new day at sundown (not midnight like the civic calendar does).

Holy Week is the 8 days before Pascha where we live out liturgically the passion of Jesus. (Pascha is the Eastern way of saying Easter.) It starts on Lazarus Saturday where during the Liturgy we read the gospel about Jesus raising Lazarus from the dead, and continues to Great and Holy Saturday where Jesus descends into death to begin a glorious exit with his beloved people.

Before the Great Fast (which Latin Rite Christians call Lent) we have 4 weeks of Pre-Lent. This is kicked off right after the church reads the gospel about Zacchaeus. This is meant to be a time of preparation for the fast (because it's hard to start cold turkey).

So with this knowledge in hand, how do we Byzantines find the date for the Great Fast to start?

Well, first thing we need to do is figure out the date of Easter. Of course the date of Easter changes every year because Easter falls each year on the first Sunday, after the first full moon, after the Spring Equinox. But thankfully the days of the week stay the same every year. Easter Sunday will always take place on a Sunday, Good Friday on a Friday, and Forgiveness Monday on a Monday.

Once we find the date of Easter Sunday, then we simply count backwards for the 8 days of Holy Week, and another 40 more for Clean Monday.

On the calendar on the next page this is all laid out for you. The names of the days as we call them in the Byzantine Church are in Black. The numbering of the 40 days of the Fast are in red.

**Now for the tricky part. Trying to explain something that wasn't clear to me:**

Almost everyone I've asked has a different theory as to why Western Christians (including Roman Catholics) start on the day they call "Ash Wednesday".

Even when I look it up on Catholic websites I get several answers. Here is one of them which explains some common theories:

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**When does Lent begin for RC's?**

*Traditionally, Lent begins on Ash Wednesday and ends at sundown on Holy Thursday. Since this is more than forty days, some contend that Sundays are not counted in Lent. Instead, they argue, Holy Thursday, Good Friday, and Holy Saturday are counted instead. Others say that Lent begins on the first Sunday after Ash Wednesday. No one is exactly sure how Ash Wednesday became the first day of Lent.*

<https://www.aboutcatholics.com/beliefs/lent-in-the-catholic-church/>  
(as of Saturday, Feb 13)

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I have asked many Roman Catholic clergy over the years also and the answers I got were likewise mixed. The second funniest and most humble answer I ever got was: "Roman Catholics simply didn't count very well back when they made the calendar."

But as of last year I have asked a RC priest who actually could give me a little more history. Here is the answer from Fr. Sylvain Casavant:



Greetings Fr. Bo, you have asked a good question. Our liturgical books state, "Lent runs from Ash Wednesday until the Mass of the Lord's Supper exclusive." Another book that indicates a little bit of the history of lent states that "The first four days of lent are of more recent origins since the season began on the following Sunday until the time of Gregory I". [Pope Gregory the 1st lived from 540-601.]

If you count from the Sunday after Ash Wednesday until Holy Thursday before the Mass of the Lord's Supper, you have 40 days. Today we actually celebrate 44 days including Holy Thursday or 43 if you exclude Holy Thursday all together.

**So there you have it.** We don't know exactly why but hundreds of years ago Roman Catholics added four extra days to the beginning of their Lent. (Maybe some scholar somewhere knows why.) Roman Catholic's now start their Lent on Ash Wednesday and go till Holy Thursday, a total of 44 days (or 43 if you don't count Holy Thursday). We Byzantine Catholics start on Clean Monday and go till "Holy Week", a total of 40 days. Holy Week then lasts for another 8 days till the great feast of Pascha.

Yay! We are smarter now!

Whether you are Roman Catholic or a Byzantine Catholic may your Fasting journey be profound, and may we reach the Feast of the Resurrection as holier people.






















*(BTW: The funniest answer I got is that we Byzantine Catholics are worse sinners than the "Latins", so we need a couple extra days of penance to get ready for Easter. Therefore we start two days earlier.)*

**How Byzantine Catholics count the days of the Great Fast & Holy Week: and the best explanation I've heard about why Roman Catholics start their Lent on Ash Wednesday. Now if only we could figure out why they added 4 days.**

|                                                                         | Sun.                                                                                                                                                                                      | Mon.                                                                         | Tue.                                                       | Wed.                                                                               | Thu.                                                                                                                                                                                          | Fri.                                            | Sat.                                                                                                                                                                                   |
|-------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Pre-Lent:</b><br>4 weeks                                             | Sunday of Zacchaeus                                                                                                                                                                       |                                                                              |                                                            |                                                                                    |                                                                                                                                                                                               |                                                 |                                                                                                                                                                                        |
|                                                                         | Sunday of the Publican & Pharisee                                                                                                                                                         |                                                                              |                                                            |                                                                                    |                                                                                                                                                                                               |                                                 |                                                                                                                                                                                        |
|                                                                         | Sunday of the Prodigal Son                                                                                                                                                                |                                                                              |                                                            |                                                                                    |                                                                                                                                                                                               |                                                 | An "All Souls" Saturday                                                                                                                                                                |
|                                                                         | Sunday of the Fearful Judgement (aka Meat-fare Sun.)                                                                                                                                      |                                                                              |                                                            |                                                                                    |                                                                                                                                                                                               |                                                 |                                                                                                                                                                                        |
| <b>Clean Week:</b><br>first week of the fast                            | <b>Forgiveness Sunday</b><br>(aka Cheese-fare Sun.)                                                                                                                                       | <b>Day 1</b><br><b>Clean Monday:</b> The first day of the Great Fast for us. | <b>Day 2</b>                                               | <b>Day 3</b><br>Roman Catholic's "Ash Wednesday" the "current" start of their Lent | <b>Day 4</b>                                                                                                                                                                                  | <b>Day 5</b>                                    | <b>Day 6</b>                                                                                                                                                                           |
|                                                                         | <b>Day 7</b><br><b>1st Sun. of the fast: Sun of Orthodoxy</b><br><small>Historically the first day of Lent for Roman Catholics at least until Pope Gregory the 1st.</small>               | <b>Day 8</b>                                                                 | <b>Day 9</b>                                               | <b>Day 10</b>                                                                      | <b>Day 11</b>                                                                                                                                                                                 | <b>Day 12</b>                                   | <b>Day 13</b><br>An "All Souls" Saturday                                                                                                                                               |
| <b>The Great Fast:</b><br>(often called Lent)<br>40 days                | <b>Day 14</b><br><b>2nd Sun. of the fast: St. Gregory P.</b>                                                                                                                              | <b>Day 15</b>                                                                | <b>Day 16</b>                                              | <b>Day 17</b>                                                                      | <b>Day 18</b>                                                                                                                                                                                 | <b>Day 19</b>                                   | <b>Day 20</b><br>An "All Souls" Saturday                                                                                                                                               |
|                                                                         | <b>Day 21</b><br><b>3rd Sun. of the fast: Sunday of the Cross</b>                                                                                                                         | <b>Day 22</b>                                                                | <b>Day 23</b>                                              | <b>Day 24</b>                                                                      | <b>Day 25</b>                                                                                                                                                                                 | <b>Day 26</b>                                   | <b>Day 27</b><br>An "All Souls" Saturday                                                                                                                                               |
|                                                                         | <b>Day 28</b><br><b>4th Sun. of the fast: St. John of the Ladder</b>                                                                                                                      | <b>Day 29</b>                                                                | <b>Day 30</b>                                              | <b>Day 31</b>                                                                      | <b>Day 32</b>                                                                                                                                                                                 | <b>Day 33</b>                                   | <b>Day 34</b><br>Akathist Saturday                                                                                                                                                     |
|                                                                         | <b>Day 35</b><br><b>5th Sun. of the fast: St. Mary of Egypt</b>                                                                                                                           | <b>Day 36</b>                                                                | <b>Day 37</b>                                              | <b>Day 38</b>                                                                      | <b>Day 39</b>                                                                                                                                                                                 | <b>Day 40</b><br>the last day of The Great Fast | <b>Lazarus Saturday</b>                                                                                                                                                                |
|                                                                         | <b>Palm Sunday:</b><br>aka: Feast of the Entrance of our Lord into Jerusalem<br><br><small>40 days for Roman Catholics if you <u>do</u> count Sundays and start on Ash Wednesday.</small> | <b>Great and Holy Monday:</b><br>Gospel of the fig tree                      | <b>Great and Holy Tuesday:</b><br>Gospel of the 10 virgins | <b>Great and Holy Wednesday:</b><br>Gospel of the washing of the feet              | <b>Great and Holy Thursday:</b><br>The Last Supper.<br><br><small>The day Roman Catholics actually finish Lent according to their books. It is 40 days from the first Sunday of Lent.</small> | <b>Good Friday:</b><br>the Crucifixion.         | <b>Great and Holy Saturday:</b><br>the descent of our Lord into Hades.<br><br><small>40 days for Roman Catholics if you <u>don't</u> count Sundays and start on Ash Wednesday.</small> |
| <b>Holy Week:</b><br>Starts on Lazarus Saturday goes till Holy Saturday |                                                                                                                                                                                           |                                                                              |                                                            |                                                                                    |                                                                                                                                                                                               |                                                 |                                                                                                                                                                                        |
|                                                                         | <b>Bright Week:</b><br>first week of Pascha                                                                                                                                               | <b>Bright Monday</b><br>(aka Watery Monday)                                  | <b>Bright Tuesday</b>                                      | <b>Bright Wednesday</b>                                                            | <b>Bright Thursday</b>                                                                                                                                                                        | <b>Bright Friday</b>                            | <b>Bright Saturday</b>                                                                                                                                                                 |
|                                                                         | <b>Pascha</b><br>(Easter)                                                                                                                                                                 |                                                                              |                                                            |                                                                                    |                                                                                                                                                                                               |                                                 |                                                                                                                                                                                        |



# Dormition Parish Calendar

| Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Thursday                                                                                                                                                                                                                                                                                                                                                                        | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <p><b>19</b></p> <p>Sunday of Cheesefare - Sunday of Forgiveness; Octoechos Tone 4; The Holy Apostle Archippus Matins Resurrectional Gospel 4. Romans 13:11-14:4; Matthew 6:14-21.</p> <p><b>10 am Divine Liturgy followed by Forgiveness Service, followed by Forgiveness Service &amp; Panachyda for + Zonnia Ostopowich &amp; Stefan Laschuk</b></p> <p><b>No Fellowship</b></p>  <p><b>12 noon - 9 pm Iconography Workshop at Dormition</b></p> | <p><b>20</b>  </p> <p><b>First Day of Lent</b></p> <p>Our Venerable Father Leo, Bishop of Catania. Abstinence from meat, dairy, and eggs, and foods that contain these ingredients. Sixth Hour - Isaiah 1:1-20; Vespers - Genesis 1:1-13; Proverbs 1:1-20.</p> <p><b>Family Day</b></p>  <p><b>9 am - 9 pm Iconography Workshop at Dormition</b></p> <p>Marko Laschuk's Birthday</p> | <p><b>21</b> </p> <p>Our Venerable Father Timothy of Symbola (8th c.); Our Holy Father Eustathius, Archbishop of Great Antioch (338) Great Fast Day 2. Abstinence from meat and foods that contain meat. Sixth Hour - Isaiah 1:19-2:3; Vespers - Genesis 1:14-23; Proverbs 1:20-33.</p> <p>11 am appointment</p> <p>12:30 pm Appointment</p> <p><b>3 pm Camp Oselia Program Meeting?</b></p> <p>Paula Holinski's, Trish Dubyk's and Melodie Sokolowski-Tower's Birthdays</p>                     | <p><b>22</b> </p> <p>The Discovery of the Relics of the Holy Martyrs at Eugenius (345-408) Great Fast Day 3. Abstinence from meat and foods that contain meat. Sixth Hour - Isaiah 2:3-11; Presanctified - Genesis 1:24-2:3; Proverbs 2:1-22.</p> <p><b>Fr. Bo Volunteers at BCR for Ash-Wednesday Service</b></p> <p>1:30 Appointment</p> <p><b>7pm Presanctified Liturgy at Dormition</b></p> <p>Katherine Vizza's Birthday</p> | <p><b>23</b> </p> <p>The Holy Priest-Martyr Polycarp, Bishop of Smyrna (155-56) Great Fast Day 4. Abstinence from meat and foods that contain meat. Sixth Hour - Isaiah 2:11-21; Vespers - Genesis 2:4-19; Proverbs 3:1-19.</p> <p><b>10 am Clergy Conference</b></p> <p>5:30 Appointment</p> | <p><b>24</b> </p> <p>Our Holy Father Tarasius, Archbishop of Constantinople (806) Great Fast Day 5. Feast of the Forerunner moved to February 25. Abstinence from meat and foods that contain meat. Sixth Hour - Isaiah 3:1-14; Presanctified - Genesis 2:20-3:20; Proverbs 3:19-34; Isaiah 40:1-11; Malachi 3; Wisdom 4:7-15.</p> <p><b>6 pm a rally commemorating all victims of the War in Ukraine at the Alberta Legislative Grounds</b></p> | <p><b>25</b> </p> <p>The First and Second Finding of the Precious Head of the Holy, Glorious Prophet and Forerunner John the Baptist; First Saturday of the Great Fast: Great Martyr Theodore the Recruit Great Fast Day 6. Feast of the Forerunner moved from February 24 to today. 2 Corinthians 4:6-15; Hebrews 1:1-12; Matthew 11:2-15; Mark 2:23-3:5.</p> <p><b>5 pm Faith Family &amp; Friends Movie Night at Holy Eucharist Parish</b></p> <p>Declan Armstrong's Birthday</p> |
| <p><b>26</b></p> <p>First Sunday of the Great Fast: The Sunday of Orthodoxy; Octoechos Tone 5; Our Holy Father Porphyrius, Bishop of Gaza (420) Great Fast Day 7. Matins Resurrectional Gospel 5. The Divine Liturgy of St. Basil the Great is celebrated today. Hebrews 11:24-26,32-40; 12:1-2; John 1:43-51.</p> <p><b>10 am Divine Liturgy followed by Fellowship</b></p>                                                                                                                                                        | <p><b>27</b> </p> <p>Our Venerable Father and Confessor Procopius the Decapoltan (716-40) Great Fast Day 8. Abstinence from meat and foods that contain meat.. Sixth Hour - Isaiah 4:2-5:6; Vespers - Genesis 3:21-4:7; Proverbs 3:34-4:22.</p> <p>5:30 Appointment</p> <p>Ryan Gerace's Birthday</p>                                                                                                                                                                                                                                                | <p><b>28</b> </p> <p>Our Venerable Father and Confessor Basil, Ascetical Companion of Procopius (716-40) Great Fast Day 9. Sixth Hour - Isaiah 5:7-16; Vespers - Genesis 4:8-15; Proverbs 5:1-15.</p> <p><b>8:30 am BCR Pastoral/Catechetical Work</b></p> <p><b>3 pm Camp Oselia Program Meeting?</b></p>                                                                                                                                                                                     | <p><b>March 1</b> </p> <p>The Holy Venerable-Martyr Eudocia (98-117) Great Fast Day 10. Polyeleos Feast. Abstinence from meat and foods that contain meat. Sixth Hour - Isaiah 5:16-26; Presanctified - Genesis 4:16-26; Proverbs 5:15-6:3.</p> <p>11 am appointment</p> <p><b>7pm Presanctified Liturgy at Dormition</b></p>                                                                                                   | <p><b>2</b> </p> <p>The Holy Priest-Martyr Theodotus, Bishop of Cyrenia (c. 321) Great Fast Day 11. According to liturgical prescriptions, the Divine Liturgy is not celebrated today. Sixth Hour - Isaiah 6:1-12; Vespers - Genesis 5:1-24; Proverbs 6:3-20.</p> <p>5:30 Appointment</p>    | <p><b>3</b> </p> <p>The Holy Martyrs Eutropius and His Companions Cleonicus and Basiliscus (286-305) Great Fast Day 12. Abstinence from meat and foods that contain meat. Sixth Hour - Isaiah 7:1-14; Presanctified - Genesis 5:32-6:8; Proverbs 6:20-7:1.</p>                                                                                                                                                                                 | <p><b>4</b> </p> <p>Second Saturday of the Great Fast: <b>All Souls Saturday</b>; Our Venerable Father Gerasimus of the Jordan (475) Great Fast Day 13. Hebrews 3:12-16; 1 Thessalonians 4:13-17; Mark 1:35-44; John 5:24-30.</p> <p><b>7 pm Soroko-ooste service</b></p> <p>Natasha Gerace's and Steve Konowalec's Birthdays</p>                                                                                                                                                  |
| <p><b>5</b></p> <p>Second Sunday of the Great Fast: St. Gregory of Palamas. Octoechos Tone 6; The Holy Martyr Conon (249-251) Great Fast Day 14. Matins Resurrectional Gospel 6. The Divine Liturgy of St. Basil the Great is celebrated today. Hebrews 1:10-2:3; Mark 2:1-12.</p> <p><b>10 am Divine Liturgy followed by Fellowship</b></p>                                                                                                                                                                                        | <p><b>6</b> </p> <p>The Holy Forty-Two Martyrs of Ammorium (848) Great Fast Day 15. Abstinence from meat and foods that contain meat. Sixth Hour - Isaiah 8:13-9:7; Vespers - Genesis 6:9-22; Proverbs 8:1-21.</p> <p>5:30 Appointment</p>                                                                                                                                                                                                                                                                                                           | <p><b>7</b> </p> <p>The Holy Priest-Martyrs and Bishops of Cherson Basil, Ephrem, Capiton, Eugene, Etherius and Others (284-305); Passing into Eternal Life (1935) of Blessed Leonid Fedorov, Exarch of the Russian Catholic Church, and Martyr Great Fast Day 16.. Sixth Hour - Isaiah 9:9-10:4; Vespers - Genesis 7:1-5; Proverbs 8:32-9:11.</p> <p><b>8:30 am BCR Pastoral/Catechetical Work</b></p> <p><b>3 pm Camp Oselia Program Meeting?</b></p> <p>Jess Lastiwka's &amp; Catherine</p> | <p><b>8</b> </p> <p>Our Venerable Father and Confessor Theophilactus, Bishop of Nicomedia (c. 845) Great Fast Day 17. Abstinence from meat and foods that contain meat. Sixth Hour - Isaiah 10:12-20; Presanctified - Genesis 7:6-9; Proverbs 9:12-18; Isaiah 43:9-14; Wisdom 3:1-9; Wisdom 5:15-6:3.</p> <p>11 am appointment</p> <p><b>7pm Presanctified Liturgy at Dormition</b></p>                                         | <p><b>9</b> </p> <p>The Holy Forty Martyrs of Sebaste (321-23) Great Fast Day 18.. Sixth Hour - Isaiah 11:10-12:2; Presanctified - Genesis 7:11-8:3; Proverbs 10:1-22; Hebrews 12:1-10; Matthew 20:1-16.</p> <p>5:30 Appointment</p> <p>Axel Cook's Birthday</p>                             | <p><b>10</b> </p> <p>The Holy Martyr Codratus and Those with Him (249-51) Great Fast Day 19. Abstinence from meat and foods that contain meat. Sixth Hour - Isaiah 13:2-13; Presanctified - Genesis 8:4-21; Proverbs 10:31-11:12.</p> <p><b>40 day memorial for + Mama ---- Laschuk</b></p>                                                                                                                                                    | <p><b>11</b> </p> <p>Third Saturday of the Great Fast: <b>All Souls Saturday</b>; Our Holy Father Sophronius, Patriarch of Jerusalem (638) Great Fast Day 20 Hebrews 10:32-38; 1 Thessalonians 4:13-17; Mark 2:14-17; John 5:24-30.</p> <p><b>7 pm Soroko-ooste service</b></p>                                                                                                                                                                                                    |

**Sunday of Cheesefare – Sunday of Forgiveness; Octoechos Tone 4; The Holy Apostle Archippus**

**Troparion, Tone 4:** When the disciples of the Lord learned from the angel\* the glorious news of the resurrection\* and cast off the ancestral condemnation,\* they proudly told the apostles:\* “Death has been plundered!\* Christ our God is risen,\* granting to the world great mercy.”

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

**Kontakion, Tone 6:** 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, Tone 8**

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.

**Epistle: Romans 13:11-14:4 (NRSV)**

*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 armor of light; let us live honorably as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling 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 quarreling 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 verses: Tone 6**

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

To announce Your mercy in the morning and Your truth every night.

**Gospel: Matthew 6:14-21 (NRSV)**

*The Lord said,* For if you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive

**Неділя сиропусна, прощення. Св. ап. Архипа.**

**Тропар (глас 7):** Знищив Ти хрестом Твоїм смерть, відчинив розбійникові рай, мироносицям плач на радість перемінив і апостолам звелів проповідувати, що воскрес Ти, Христе Боже, даючи світові велику милість.

+Слава Отцю, і Сину, і Святому Духові. І нині, і повсякчас, і на віки вічні. Амінь.

**Кондак Трійді, (глас 6):** Премудрости наставнику, розуму подателю,\* немудрих учителю і нищих захиснику,\* утверди, врозуми серце моє, Владико.\* Ти дай мені слово, Отче Слово,\* бо оце устам моїм не забороню, щоб звали Тобі:\* Милостивий, помилуй мене, падшого.

**Прокімен (глас 8):**

Помоліться і воздайте Господеві, Богу нашому.

**Стих:** Відомий у Юдеї Бог, в Ізраїлі велике ім'я його.

**Апостол: Римлян 13, 11 – 14, 4.**

*Браття і Сестри,* тепер ближче нас спасіння, ніж тоді, як ми увірували. Ніч проминула, день наблизився. Відкиньмо, отже, вчиники 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 вдягніться у Господа Ісуса Христа і не дбайте про тіло в похотях.

Слабкого у вірі приймайте, не вступаючи з ним у суперечки. Один вірить, що можна все їсти, а слабкий 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, що чужого слугу судиш? Своему господареві стоїть він або падає; але він стоятиме, бо Господь може підтримати його.

**Стихи Аилуя (глас 6):**

Благо є сповідуватися Господеві і співати імені Твоєму, Всевишній.

Сповідати зарання милість Твою і істину Твою на всяку ніч.

**Євангеліє: Матея 6, 14-21.**

*Сказав Господь:* Коли ви прощатимете людям їхні провини, і Отець ваш небесний простить вам. А коли ви

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.

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#### **Communion Hymn**

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

не будете прощати людям, і Отець ваш небесний не простить вам провин ваших. Коли постите, не будьте сумні, як лицеміри: бо вони виснажують своє лице, щоб було видно людям, що вони постять. Істинно кажу вам: вони вже мають свою нагороду. Ти ж, коли постиш, намасти свою голову й умий своє лице, щоб не показати людям, що ти постиш, але Отцеві твоєму, що в тайні; і Отець твій, що бачить у тайні, воздасть тобі. Не збирайте собі скарбів на землі, де міль і хробаки нищать і де злодії підкопують і крадуть. Збирайте собі скарби на небі, де ні міль, ні хробаки не точать і де злодії не проломлюють стін і не крадуть. Бо де твій скарб, там і твоє серце буде.

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#### **Причасний**

Хваліте Господа з небес,\* хваліте Його на висотах (Пс 148,1).  
Алилуя (х3).

## **Mark Your Calendars & Join Us for this Eparchial Lenten Series:**

Prayer



Fasting



Almsgiving



### **Three Essential Disciplines**

**March 16, March 23, March 30, 7:00 - 8:30 pm**

We are encouraged to focus on Prayer, Fasting and Almsgiving especially during Great Lent, but have you ever wondered why or how? In this 3-part series, we will explore the origins of these disciplines, how we might undertake them and learn about the benefits that they can hold for our spiritual life and our personal growth in holiness.

Each session will be comprised of a presentation, discussion, and prayer. Attend any or all sessions. No registration necessary.

March 16 – Prayer – Fr. Bo Nahachewsky

March 23 – Fasting – Deacon Cyril Kennedy

March 30 – Almsgiving - Staff of the Madonna House community (Marian Centre)

LOCATION: St. Nicholas Parish, 9507 Austin O'Brien Rd., Edmonton

If you cannot attend in person because of distance or illness you are welcome to join on Zoom:

<https://tinyurl.com/Lent-series-2023> or email: [familyandlife@eparchy.com](mailto:familyandlife@eparchy.com) for the link.



## Forgiveness Service:

This is to mark the beginning of the Great Fast  
*(technically done at the "Vespers" service, but since we don't have one tonight... we are doing it now).*

**Priest:** My brothers and sisters, at this time let us try to remember all of our sins which we have committed throughout the course of our life, and with which we have offended God.

**All:** Lord, we have sinned against You in thought, word and action. We have been wrong and we have done wrong. Forgive us.

**Priest:** Let us try to remember if we harbour any ill-feelings towards God for anything that happened in our life.

**All:** Lord, help us to accept your will in our lives, to try to understand your ways, and not to feel angry with You or blame You for anything that might happen to us or go wrong for us in our lives.

**Priest:** Let us try to remember all of those people who have offended us, hurt us, angered us; all those people against whom, for whatever reason, we bear grudges, feel hatred, and whom we find hard to forgive.

**All:** From the bottom of my heart, I truly and sincerely forgive those who hate me, who have offended or hurt me, and against whom I carry a grudge or nourish ill-feelings.

**Priest:** Let us try to remember all of those people whom we ourselves have hurt or offended, knowingly or unknowingly, in word or in deed; and all those whom we, for whatever reason, hate and who bear grudges against us.

**All:** From the bottom of my heart, I truly and sincerely ask forgiveness and pardon of all those whom I hate, whom I have offended and hurt, and who hold a grudge against me because of this.

**Priest:** My brothers and sisters, if I have sinned against you, hurt you, or offended you in thought, word or action, knowingly or unknowingly, in any possible way, please forgive me, a sinner, and pray to God for me.

**All:** May God Himself forgive you and pardon your sins and transgressions, and we also forgive and pardon you. Father, bless us and forgive us our sins and offences and transgressions, committed voluntarily or perhaps unwittingly, against you.

**Priest:** May the Lord God, through His grace and loving kindness, forgive you. And I also pardon and forgive you.

And now, let us ask forgiveness of one another by saying: "Forgive me my brother/sister." And let the other answer: "May God forgive you, and I also forgive you."

## The Liturgy of the Presanctified Gifts



In Byzantine Churches the celebration of the Divine Liturgy is considered too festive for weekdays of the Great Fast (Lent). Yet the Church recognizes the intense need for the faithful to receive the Eucharist during this penitential time. In order to make it available, the church celebrates Presanctified Liturgies on Wednesday and Friday evenings. Presanctified Liturgies are basically evening prayers (Vespers) with the distribution of Eucharist. The Eucharist is consecrated during Divine Liturgy on the preceding Sunday, is kept in the Tabernacle, and then is brought out to the people during the service.

**This year we will have Presanctified Liturgies on Wednesdays in our parish. Normally these will take place at 7pm.**

### Prayer of St. Ephrem the Syrian

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 ever and forever. Amen. (prostration)