



THE CATHOLIC PARISH OF THE DORMITION

OF THE MOST HOLY MOTHER OF GOD
ПАРАФІЯ УСПІННІА ПРЕСВ. БОГОРОДНИЦІ

Our Mission is to joyfully bring all people into the knowledge, love and service of the Holy Trinity, Who dwells amongst us.

Address:

15608 -104 Avenue,
Edmonton, AB
T5P 4G5

Services:

Sunday Divine Liturgy
(Ukr & Eng) at 10 am

Festal Liturgies:

Most Major Feasts at 6 or 7 pm,
*see the calendar section of this
bulletin for details.*

Parish Website:

<http://dormition.eeparchy.com>

Eparchial Website:

www.eeparchy.com

Pastor:

Fr. Bo Nahachewsky

Fr. Bo's cell phone:

780-340-FR.BO (3726)

Fr. Bo's Emails:

fr.nahachewsky@eeparchy.com



Sunday, February 26, 2023

**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.**

After today's Liturgy we will be praying a **Panachyda**
(Memorial Service) for + Stefania Workun.

Інформаційний довідник для українців, які прибувають в Альберту

Information guide for Ukrainians arriving in Alberta. Copies are
available in the Church Entrance (both Eng. and Ukr.) or at this link:
<https://uatoabinfo.ca/>



Group Photo of this past weekend's Icon Workshop

The people of Ukraine need your help.

As we mark the one-year anniversary 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 Eparchy of Edmonton (www.eeparchy.com), 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.

Saint of the Day: Saint Porphyrius, Bishop of Gaza

Saint Porphyrius, Archbishop of Gaza, was born about the year 346 at Thessalonica. His parents were people of substance, and this allowed Saint Porphyrius to receive a fine education. Having the inclination for monastic life, he left his native region at twenty-five years of age and set off for Egypt, where he lived in the Nitrian desert under the guidance of Saint Macarius the Great (January 19). There he also met Saint Jerome (June 15), who was then visiting the Egyptian monasteries. He went to Jerusalem on pilgrimage to the holy places, and to venerate the Life-Creating Cross of the Lord (September 14), then he moved into a cave in the Jordanian wilderness for prayer and ascetic deeds.

After five years, Saint Porphyrius was afflicted with a serious malady of the legs. He decided to go to the holy places of Jerusalem to pray for healing. As he lay half-conscious at the foot of Golgotha, Saint Porphyrius fell into a sort of trance. He beheld Jesus Christ descending from the Cross and saying to him, "Take this Wood and preserve it."

Coming out of his trance, he found himself healthy and free from pain. Then he gave away all his money to the poor and for the adornment of the churches of God. For a time he supported himself by working as a shoemaker. The words of the Savior were fulfilled when the saint was forty-five years old. The Patriarch of Jerusalem ordained Saint Porphyrius to the holy priesthood and appointed him custodian of the Venerable Wood of the Cross of the Lord.

In 395 the bishop of the city of Gaza (in Palestine) died. The local Christians went to Caesarea to ask Metropolitan John to send them a new bishop who would be able to contend against the pagans, which were predominant in their city and were harassing the Christians there. The Lord inspired the Metropolitan to summon the priest Porphyrius. With fear and trembling the ascetic accepted the office of bishop, and with tears he prostrated himself before the Life-Creating Wood and went to fulfill his new obedience.

In Gaza there were only three Christian churches, but there were a great many pagan temples and idols. During this time there had been a long spell without rain, causing a severe drought. The pagan priests brought offerings to their idols, but the woes did not cease. Saint Porphyrius imposed a fast for all the Christians; he then served an all-night Vigil, followed by a church procession around the city. Immediately the sky covered over with storm clouds, thunder boomed, and abundant rains poured down. Seeing this miracle, many pagans cried out, "Christ is indeed the only true God!" As a result of this, 127 men, thirty-five women and fourteen children were united to the Church through Holy Baptism, and another 110 men soon after this.

The pagans continued to harass the Christians. They passed them over for public office, and burdened them with taxes. Saint Porphyrius and Metropolitan John of Caesarea journeyed to Constantinople to seek redress from the emperor. Saint John Chrysostom (September 14, January 27 and 30) received them and assisted them.

Saints John and Porphyrius were presented to the empress Eudoxia who was expecting a child at that time. "Intercede for us," said the bishops to the empress, "and the Lord will send you a son, who shall reign during your lifetime".

Eudoxia very much wanted a son, since she had given birth only to daughters. Through the prayer of the saints an heir was born to the imperial family. As a result of this, the emperor issued an edict in 401 ordering the destruction of pagan temples in Gaza and the restoration of privileges to Christians. Moreover, the emperor gave the saints money for the construction of a new church, which was to be built in Gaza on the site of the chief pagan temple.

Saint Porphyrius upheld Christianity in Gaza to the very end of his life, and guarded his flock from the vexatious pagans. Through the prayers of the saint numerous miracles and healings occurred. The holy archpastor guided his flock for twenty-five years, and reposed in 420 at an advanced age.



Through the Prayers of St. Porphyrius,
O Lord Jesus Christ, Have Mercy on Us and Save Us.

These explanations of the lives of the Saints are taken from oca.org

To evangelize, Christians are not called to argue but be meek like sheep

by Justin McLellan in the Catholic News Service



Pope Francis greets members of a youth orchestra from Carpi, Italy, before his weekly general audience in the Vatican audience hall Feb. 15, 2023. (CNS photo/Vatican Media)

Christians are not called to "argue, counterattack and defend themselves" when evangelizing but to be meek and humble, Pope Francis said.

At his general audience Feb. 15, the pope continued his series of catechesis on evangelization and apostolic zeal.

The pope said Christians often think "we will become relevant, numerous, prestigious and that the world will listen to and respect us" if they evangelize forcefully. Instead, he said, Christ asks his followers to be "sheep among wolves," protected by God and marked by "meekness, innocence and dedication."

Each Christian's call to evangelize stems from a personal encounter with Christ just as the disciples had, Francis explained.

"To evangelize does not mean going 'blah, blah, blah' and nothing more," the pope said while waving his hand to convey a rambling speech. It requires "a passion that involves all of you: the mind, the heart, the hands, everything. The whole person."

Addressing the disciples' seemingly contradictory obligations to be close to Jesus and go out to share his message, the pope said the two elements of discipleship go together, since "without mission the relationship with (Jesus) does not grow."

Proclaiming the Gospel to others begins with having encountered Jesus, he said. One cannot share the light of Christ without first experiencing it.

But, the pope continued, "following Christ is not an inward-looking fact: without proclamation, without service, without mission, the relationship with him does not grow."

"That is how you proclaim (the Gospel)," the pope said, "by showing Jesus more than talking about Jesus."

Francis also noted that in preaching the Gospel, "we often invite people to do something" rather than focus on communicating the Gospel's "principal message" of God's closeness to his people. He urged Christians to communicate "the reality of God," as "the close, the tender, the merciful one" through their lives and actions.

And just as Jesus sent his disciples out in pairs or groups, Christians are not meant to be alone in their missions, he said; they should go forth together, relying on support from one another rather than on worldly attention or rewards.

We Are People of the Eucharist:
Towards a renewed love for Holy Communion

Reflections on the Eucharist by Bishop David Motiuk, Eparchy of Edmonton

February 2023

The Institution of the Divine Eucharist

The centre of Christian worship is the celebration of the Divine Liturgy (Mass).

The Divine Liturgy. Known by many names, each expressing different aspects of the one and same Divine Action.



The Holy Mass. Sacrifice. Sanctification. Mysteries. Offering and Oblation. Eucharist. Thanksgiving. Breaking of the Bread.

From the words of the Institution of the Divine Eucharist, we pray:

Reflections on the Eucharist ... Continued

“On the night Jesus was given over – or, rather, gave Himself for the life of the world – He took bread into his holy, most pure and immaculate hands, gave thanks, blessed, sanctified and broke it; he gave it to his holy disciples and apostles, saying:

“Take, eat: This is my body, which is broken for you for the forgiveness of sins.

“In like manner he took the cup after the supper, saying:

“Drink of it, all of you. This is my blood of the New Covenant, which is poured out for you and for many for the forgiveness of sins” (Anaphora, *Divine Liturgy of Saint John Chrysostom*).

But why? Why did Jesus institute the Divine Eucharist?

In one sense, from the moment of his birth, Jesus’ life took the shape of a pilgrimage, a journey that would take him from Bethlehem to Jerusalem, where he would endure his passion and death upon the cross for the forgiveness of our sins.

Yet, his life was not to end there. His pilgrimage would lead him from the earthly Jerusalem to the heavenly Jerusalem

where Jesus has returned to the heavens and is seated at the right hand of the Father.

And where he is, he desires that we be there with him. You see, our very own earthly pilgrimage – from our first breaths as a child to our very last breaths as an older person – are leading us to a return to the Garden of Eden, to Paradise, where once again we are home with God, as God intended it from the very beginning.

The Eucharist is food for the journey. Whereas we quickly grow hungry having only eaten a meal a mere few hours earlier, Jesus nourishes us with his own body and blood, spiritual food which will sustain us for the journey home to the Heavenly Kingdom.

I invite you to share with your family, friends, and fellow Knights how the Eucharist, Jesus’ very own body and blood, has sustained you along the journey, in times of spiritual growth, but especially in times of trouble and distress.

We are people of the Eucharist.

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 **Ryan Gerace, Natasha Gerace and Steve Konowalec** who celebrate(s) his/her/their birthday(s) this week. May God grant you many happy years. Mnohaya Lita.
- A reminder that payment for **2023 UCWLC membership** is due. Payment can be made to our treasurer, Darlene Puto. Our next UCWLC meeting will be March 12th after Divine Liturgy and fellowship.
- **Day of Events for Young People to commemorate the first anniversary of the intensified invasions of Ukraine.** Wednesday, March 1: Eparchial Youth Ministry is hosting a day of events (molebyn, talks, testimonials, meal, etc.) to commemorate the first anniversary of the invasion of Ukraine. Students, young adults, and others are invited to St. Joseph’s College on the U of A campus, from 11AM to 6PM. All events are free and open to the public. The day will conclude with a Panakhyda at 6PM, led by Bishop David. For registration, schedule, and other information, visit <https://forms.gle/G4hrWxuN3S4p hou9>, or contact deacon.kennedy@eeparchy.com.
- **“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 (**isoroko-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 4th. 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 or register online at tinyurl.com/eparchycantor. Cost \$25/person.

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:

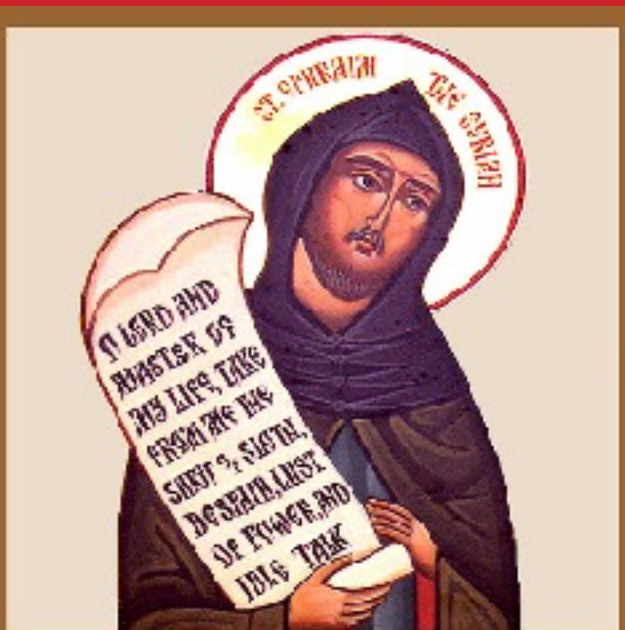
<https://tinyurl.com/Lent-series-2023> or email: familyandlife@eeparchy.com for the link.

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)



Dormition Parish Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>26</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>10 am Divine Liturgy followed by Panachyda for + Stefania Workun then Fellowship</p>	<p>27 🐟</p> <p>Our Venerable Father and Confessor Procopius the Decapolitan (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>28 🐟</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>11 am Appointment</p> <p>6 pm Camp Oselia Society Meeting</p>	<p>March 1 🐟</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>9 am Spiritual Direction</p> <p>7 pm Presanctified Liturgy</p>	<p>2 🐟</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>2 pm Camp Oselia Meeting</p> <p>5:30 Appointment</p>	<p>3 🐟</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>4 🐟</p> <p>Second Saturday of the Great Fast: All Souls Saturday; 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>12:30 Appointment</p> <p>7 pm Soroko-ooste service</p> <p>Natasha Gerace's and Steve Konowalec's Birthdays</p>
<p>5</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>10 am Divine Liturgy followed by Fellowship</p>	<p>6 🐟</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>7 🐟</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>11 am appointment</p> <p>5:30 pm House Blessing</p> <p>Jess Lastiwka's & Catherine Ostowich's Birthday</p>	<p>8 🐟</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>7pm Presanctified Liturgy at Dormition</p>	<p>9 🐟</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>10 🐟</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>6 pm (? confirm time ?) 40 day memorial for + Anna Lupynis</p>	<p>11 🐟</p> <p>Third Saturday of the Great Fast: All Souls Saturday; 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>7 pm Soroko-ooste service</p>
<p>12</p> <p>Daylight Savings Time Ends</p> <p>Third Sunday of the Great Fast: Veneration of the Holy Cross. Octoechos Tone 7; Our Venerable Father and Confessor Theophanes of Sigrigiana (817); Our Holy Father Gregory the Dialogist, Pope of Rome (604) Great Fast Day 21. Matins Resurrectional Gospel 7. The Divine Liturgy of St. Basil the Great is celebrated today. Hebrews 4:14-5:6; Mark 8:34-9:1.</p> <p>10 am Divine Liturgy followed by Fellowship</p> <p>Helen Moneta's Birthday</p>	<p>13 🐟</p> <p>The Transfer of the Relics of Our Holy Father Nicephorus, Patriarch of Constantinople (847) Great Fast Day 22. Abstinence from meat and foods that contain meat. Sixth Hour - Isaiah 14:24-32; Vespers - Genesis 8:21-9:7; Proverbs 11:19-12:6.</p> <p>5:30 Appointment</p>	<p>14 🐟</p> <p>Our Venerable Father Benedict of Nursia (547) Great Fast Day 23. Polyeleos Feast. Sixth Hour - Isaiah 25:1-9; Vespers - Genesis 9:8-17; Proverbs 12:8-22.</p> <p>11 am appointment</p>	<p>15 🐟</p> <p>The Holy Martyr Agapius and the Six Martyrs with Him (284-305) Great Fast Day 24. Abstinence from meat and foods that contain meat. Sixth Hour - Isaiah 26:21-27:9; Presanctified - Genesis 9:18-10:1; Proverbs 12:23-13:10.</p> <p>7pm Presanctified Liturgy at Dormition</p>	<p>16 🐟</p> <p>The Holy Martyrs Sabinus and Pappas (284-305) Great Fast Day 25. Sixth Hour - Isaiah 28:14-22; Vespers - Genesis 10:32-11:9; Proverbs 13:19-14:6.</p> <p>7 pm Eparchial Lenten Series Part I at St. Nicholas UCC</p> 	<p>17 🐟</p> <p>Our Venerable Father Alexius, Man of God Great Fast Day 26. Abstinence from meat and foods that contain meat. Sixth Hour - Isaiah 29:13-23; Presanctified - Genesis 12:1-7; Proverbs 14:15-26.</p> <p>Helen Frankiw's Birthday</p>	<p>18 🐟</p> <p>Fourth Saturday of the Great Fast: All Souls Saturday; Our Holy Father Cyril, Archbishop of Jerusalem (386) Great Fast Day 27 Hebrews 6:9-12; 1 Corinthians 15:47-57; Mark 7:31-37; John 5:24-30.</p> <p>7 pm Soroko-ooste service</p> <p>Owen Bawol's, Shirley PEAR's and Alex Schabel's Birthdays</p>
<p>19</p> <p>Fourth Sunday of the Great Fast: St. John Climacus. Octoechos Tone 8; The Holy Martyrs Chrysanthus and Daria (253-60) Great Fast Day 28. Matins Resurrectional Gospel 8; The Divine Liturgy of St. Basil the Great is celebrated today. Hebrews 6:13-20; Ephesians 5:9-19;</p>	<p>20 🐟</p> <p>Our Venerable Fathers Martyred by the Saracens at the Monastery of St. Sabbas (580-97) Great Fast Day 29. Abstinence from meat and foods that contain meat. Sixth Hour - Isaiah 37:33-38:6; Vespers - Genesis 13:12-18; Proverbs 14:27-15:4.</p>	<p>21 🐟</p> <p>Our Venerable Father and Confessor James, Bishop of Catania (813-20) Great Fast Day 30. Sixth Hour - Isaiah 40:18-31; Vespers - Genesis 15:1-15; Proverbs 15:7-19.</p> <p>11 am appointment</p>	<p>22 🐟</p> <p>The Holy Priest-Martyr Basil, Presbyter of Ancyra (363); Passing into eternal life (1924) of Fr. Isidore Dolnitsky, hymnographer, professor and spiritual father of L'viv and the Greek College in Rome Great Fast</p>	<p>23 🐟</p> <p>The Holy Venerable-Martyr Nikon and His Disciples, Martyred with Him (270-75) Great Fast Day 32. Sixth Hour - Isaiah 42:5-16; Vespers - Genesis 18:20-33; Proverbs 16:17-17:17.</p> <p>7 pm Eparchial Lenten Series</p>	<p>24 🐟</p> <p>Fore-feast of the Annunciation of the Mother of God; Our Venerable Father Zachary; Our Holy Father Artemon, Bishop of Seleucia in Pisidia Great Fast Day 33. Abstinence from meat and foods that contain meat.</p>	<p>25</p> <p>The Annunciation of Our Most Holy Lady, the Mother of God and Ever-Virgin Mary; Passing into Eternal Life (1944) of Blessed</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. The Divine Liturgy of St. Basil the Great is celebrated today.

Тропаріон, Тоне 5: Let us the faithful acclaim and worship the Word,* co-eternal with the Father and the Spirit,* and born of the Virgin for our salvation.* For He willed to be lifted up on the cross in the flesh, to suffer death* and to raise the dead by His glorious resurrection.

Тропаріон, Тоне 2: We bow before Your most pure image, O kind Lord,* and beg pardon for our sins, O Christ our God.* Of Your own will You consented to ascend the Cross in the flesh to free Your handiwork from enslavement to the enemy.* In thanksgiving we cry aloud to You:* by coming to save the world, our Saviour, You filled all things with joy.

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

Контакіон, Тоне 8: The uncircumscribed Word of the Father* became circumscribed when He took flesh of you, O Mother of God,* and when He restored the divine image to its ancient glory,* He suffused it with the beauty of God.* Therefore, confessing our salvation in deed and word,* we portray it in images.

Прокеїменон, Тоне 4

Blessed are You, Lord God of our fathers,* and praised and glorified is Your Name for ever.

verse: For You are righteous in everything You have done to us. (Daniel 3:26,27)

Epistle Hebrews 11:24-26,32-40; 12:1-2 (NRSV)

Brothers and Sisters, by faith Moses, when he was grown up, refused to be called a son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ to be greater wealth than the treasures of Egypt, for he was looking ahead to the reward. And what more should I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets— who through faith conquered kingdoms, administered justice, obtained promises, shut the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Others were tortured, refusing to accept release, in order to obtain a better resurrection. Others suffered mocking and flogging, and even chains and imprisonment. They were stoned to death, they were sawn in two, they were killed by the sword; they went about in skins of sheep and goats, destitute, persecuted, tormented— of whom the world was not worthy. They wandered in deserts and mountains, and in caves and holes

Неділя 1-ша Великого посту, Православія. Св. Порфирія, єп. Газського.

Тропар (глас 5): Рівнобезначальне з Отцем і Духом Слово,* що від Діви народилося на спасіння наше,* прославмо, вірні, і поклонімся,* бо Воно благозволило тілом зійти на хрест* і смерть перетерпіти, і воскресити померлих* славним воскресінням Своім.

Тропар (глас 2): Пречистому образіві Твоєму поклоняємося, благий,* просячи прощення прогрішень наших, Христе Боже,* бо волею благоволив еси плоттю зійти на хрест,* щоб ізбавити тих, що їх створив еси, від неволі ворожої.* Тому благодарственно кличемо Тобі:* Ти радістю сповнив усе, Спасе наш, прийшовши спасти світ.

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

Кондак (глас 8): Неописанне Слово Отче* із Тебе, Богородице, воплощенням описалося* і, осквернений образ у давнє зобразивши,* з божественною добротою з'єднало,* та, ісповідуючи спасення, ділом і словом ми це являємо.

Прокеїмен (глас 4):

Благословен еси, Господи, Боже отців наших, і хвальне, і прославлене ім'я Твоє на віки (Дан. 3,26).

Стих: Бо праведний еси в усьому, що створив Ти нам (Дан. 3,27).

Апостол: (Євреїв 11, 24-26; 32 – 12, 2.):

Браття і Сестри, вірою Мойсей, коли був виріс, зрікся зватися сином дочки фараона; волів радше страждати разом з людом Божим, ніж зазнавати дочасної розкоші гріха, бо, дивлячись на нагороду, вважав за більше багатство наругу вибраного народу, ніж скарби Єгипту. І що ще скажу? Часу не вистане мені, як почну розповідати про Гедеона, про Варака, про Самсона, про Єфту, про Давида й Самуїла та пророків, що вірою підбили царства, чинили справедливість, обітниць осягнули, загородили паші левам, вогненне полум'я гасили вістря меча унікали, ставали сильні, будши недолугі, на війні проявили мужність, наскоки чужинців відбивали. Жінки діставали назад своїх померлих, які воскресали. Інші загинули в муках, зрікшись від них звільнитись, щоб осягнути ліпше воскресіння. Інші зазнали наруг і бичів, кайданів і в'язниці; їх каменували, різали пилою, брали на допити; вони вмирили смертю від меча, тинялися в овечих та козячих шкурах, злиденні, гноблені, покривджені;

in the ground. Yet all these, though they were commended for their faith, did not receive what was promised, since God had provided something better so that they would not, apart from us, be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

Alleluia, Tone 4

verse: Moses and Aaron are among His priests and Samuel among those who call upon His name.

verse: They called on the Lord, and He heard them. (*Psalms 98:6*)

Gospel John 1:43-51 (NRSV)

At that time Jesus decided to go to Galilee. He found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, "We have found him about whom Moses in the law and also the prophets wrote, Jesus son of Joseph from Nazareth." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." When Jesus saw Nathanael coming toward him, he said of him, "Here is truly an Israelite in whom there is no deceit!" Nathanael asked him, "Where did you get to know me?" Jesus answered, "I saw you under the fig tree before Philip called you." Nathanael replied, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered, "Do you believe because I told you that I saw you under the fig tree? You will see greater things than these." And he said to him, "Very truly, I tell you, you will see heaven opened and the angels of God ascending and descending upon the Son of Man."

Hymn to the Mother of God

In you, O Full of Grace, all creation rejoices: the angelic ranks and all the human race. Sanctified temple and spiritual paradise, virgins' pride and boast, from whom God is made flesh and became a little Child; and He who is our God before all ages, He made your womb a throne, and He made it wider than all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.

Communion Hymn

Praise the Lord from the heavens;* praise Him in the highest.

Rejoice in the Lord, O you just;* praise befits the righteous.

Alleluia, alleluia,* alleluia. (*Psalms 32:1*)

вони, яких світ був невартий, блукали по пустинях, по горах, по печерах та земних вертепах. І всі вони, дарма що мали добре свідчення віри, не одержали обіцяного, бо Бог зберіг нам щось краще, щоб вони не без нас осягли завершення. Тому й ми, маючи кругом себе таку велику хмару свідків, відкиньмо всякий тягар і гріх, що так легко пристає до нас навколо, і біжимо витривало до змагання, що призначене нам, дивлячися пильно на Ісуса, засновника й завершителя віри, який, замість радості, що була перед ним, витерпів хрест, не звертаючи уваги на сором, і возсів праворуч Божого престолу.

Алилуя (глас 4):

Стих: Мойсей і Арон між єреями Його і Самуїл між тими, що призивають ім'я Його (*Пс. 98,6*).

Стих: Призивали Господа і Він вислухав їх (*Пс. 98,6*).

Євангеліє: (Йоана 1, 43-51.):

В той час вирішив Ісус піти в Галилею. І найшовши Филипа, мовив до нього: Іди за мною. А був Филип з Витсаїди, з міста Андрія та Петра. Зустрів Филип Натанаїла і сказав до нього: Ми нашли того, про якого писав Мойсей у законі і пророки – Ісуса, сина Йосифа, з Назарету. Натанаїл сказав йому: Що доброго може бути з Назарету? Мовив до нього Филип: Прийди й подивися. Ісус, побачивши, що до нього надходить Натанаїл, сказав про нього: Ось справжній ізраїльтянин, в якому нема лукавства. Натанаїл сказав: Звідкіль ти мене знаєш? Сказав Ісус і промовив до нього: Перше ніж Филип тебе покликав, я тебе бачив, як був еси під смоковницею. Натанаїл відповів йому: Учителю, ти – Син Божий, ти – цар Ізраїля. Ісус у відповідь сказав йому: Тому що я мовив до тебе: я бачив тебе під смоковницею – віруєш. Побачиш більше, ніж те. І сказав до нього: Істинно, істинно кажу вам: побачите небеса відкриті і ангелів Божих, як вони возходять та сходять на Сина чоловічого.

Замість Достойно, співаємо:

Тобою радується, Благодатная, всяка твар, ангельський собор і чоловічеський рід, освящений храме і раю словесний, дівственна похвало, що із неї Бог воплотився і младенцем став – перед віками суцільний Бог наш. Лоно бо Твоє престолом сотворив і утробу Твою просторішою небес учинив. Тобою радується, Благодатная, всяка твар, слава Тобі.

Причасний:

Хваліте Господа з небес,* хваліте Його на висотах.

Радуйтеся, праведні, у Господі, правим належить похвала

Алилуя (х3). (*Пс. 32,1*).

I didn't think orthopaedic shoes would help, but I stand corrected.
