



Protection of the

Blessed Virgin Mary

СЛАВА ІСУСУ ХРИСТУ!

Ukrainian Catholic Parish

Українська Греко-Католицька Парафія Покрови

Пресвятої Діви Марії

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☛ **Office Hours:** Mon, Wed, Fri from 10:00 AM to 2:00 PM

Confessions: before every Divine Liturgy *and* by appointment

Welcome to our Parish! Вітаємо Вас у нашій парафії

36th Sunday after Pentecost
(Cheesefare)

19 February 2023

36-а нед. по Зіс. св. Духа
(Сиропусна)

Pray... Fast seriously this Lent... and Your Father, who sees all you do in secret, will reward you..."

Tomorrow (actually, liturgically this evening) we begin the great journey of the Great Fast! This isn't our first rodeo as some might say. We know the basic concept and the basic rules. Give up sweets and come to the Lenten services on weekday evenings such as Presanctified and Way of the Cross, and ride it out until early morning Divine Liturgy and on Easter Sunday and then it's a few days of bliss eating all the eggs, kovbasa, babka bread and beets and horseradish you can! Yes... but no. It can be and needs to be so much more. At least we owe it to ourselves to fully immerse ourselves into the best of the Lenten experience that has been tried and tested for centuries in so many nations and cultures. (The most perfected experience being our Ukrainian "Великий Піст" of course!). But seriously folks. I propose that we really do a "Great Fast" like no other ever in our lives. Why? Because we need it and our Church and our World need it. The fast, done properly is a life-changing experience. I know I need this and, I am not judging, but I know that each of us personally would benefit from a Lent taken very seriously. **Prayer, Fasting and Acts of Charity.** We can use this on a personal level. If not us personally, then many persons around us, in our lives that could really use the grace gained through our prayer and sacrifices. What about marriages? Families? What about Ukraine!??? What about so many scary things that are spreading through society... abortion, and the killing of our seniors, sill and now those mentally stressed by euthanasia/MAiD? What about our children that are being bombarded with so much social confusion and immorality. What about the loss of faith and love of God and love of neighbour that is evident all around us? I am not intending to be a downer, but my only point is—if we are looking for a reason to pray more and fast for a cause this Lent... there are many! God bless us! (and He will!)



«Отець твій, що бачить таємне, віддасть тобі».

МАТЕЯ 6, 1-13.

Fr Michael

SOME HELPFUL PARISH CONTACTS...

Pastor, Parish Priest: Rev. Michael Kwiatkowski, JCOD 204-582-7535

Parish Council Chair - Glen Henkewich 204-633-1502

UCWLC President - Janet Kuchma 204-582-5932

Men's Club President - John Natyna 204-339-9366

Perogy Committee President - Myron Fedoruk 204-338-7243

Catechism Coordinator - Teresa Hryndzio 204-334-4298

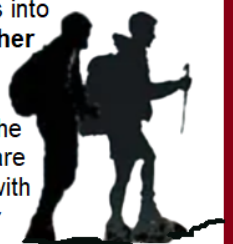
Church Auditorium Rental - 204-582-7535

TODAY:

19 February. Before we pass into

the Great Fast. Come... Let us **gather** at **6:00 PM** for a bit of **fellowship**, eat something, **sing** a few songs.

Then, we can go up into the House of the Lord at about **7:00 PM -ish**, and prepare ourselves for the journey of Lent with **reconciliation** with our Lord and with our follow parishioners.



You are welcome! Please come!

"ПУЩЕННЯ"

Parish News & Events:

1. **TONIGHT:** On the eve of the Great Fast, **February 19th** we will have a bit of "Pushchennya" fellowship beginning at 6:00 PM followed by a forgiveness & reconciliation Service at about 7 PM. You are welcome to attend both, but please come at least to one.

2. **THIS WEEK Invasion Anniversary.** February 24, 2023 will mark a full year since Russia shocked the world by beginning its full-scale war on Ukraine and the first missiles started landing on Ukrainian cities. Here in Winnipeg, we will commemorate this tragedy with **prayer, protest** and rallies of **support** for our brothers and sisters in Ukraine. **In-person participation will be important** to show that we really do care even though we are thousands of kilometers away and even after a whole year (really 9 years since the first invasions in 2014) has passed, A rally at the Museum of Human Rights is planned for Friday evening February 24th and a Prayer Event is planned for Noon on Saturday February 25th at Sts. Volodymyr & Olha Cathedral. Then, on the following Sunday, 26th February, we will also pray at our morning Divine Liturgy.

3. This coming Friday, February 24 -- the **Bishop Velychkovsky National Martyr's Shrine** will be open from 9 a.m. to 7 p.m. To mark one year since the beginning of the full-scale Russian war against Ukraine, the entire Church is asked to spend this day in fasting, prayer, and works of mercy. Come and spend time in prayer before the Holy Relics of Blessed Vasyl at the Shrine at 250 Jefferson Ave., Winnipeg. "O Blessed Vasyl, you lived through the danger of war, protect your people from all enemies. Blessed Bishop and Martyr Vasyl, pray to God for us"



365 DAYS OF RESISTANCE 365 ДНІВ СПРОТИВУ

<p>FEBRUARY 24, 2023 CANADIAN MUSEUM FOR HUMAN RIGHTS 6:00 SOLIDARITY RALLY 7:00 OPENING "UKRAINIAN ARTISTS UNITED" <small>DIGITAL DISPLAY – FREE ADMISSION</small></p> <p>FEBRUARY 25, 2023 ST. MARY THE PROTECTRESS CATHEDRAL 11:00 MOLEBEN FOR VICTIMS OF THE WAR <small>FOLLOWED BY WALK FOR PEACE TO</small> STS. VOLODYMYR AND OLHA CATHEDRAL 12:00 INTERFAITH SERVICE FOR PEACE</p> <p>FEBRUARY 26, 2023 ALL UKRAINIAN CHURCHES <small>UNITED PRAYER FOR UKRAINE IN THIS TIME OF WAR</small></p>	<p>24 ЛЮТОГО, 2023 КАНАДСЬКИЙ МУЗЕЙ ЛЮДСЬКИХ ПРАВ 6:00 ВІЧЕ СОЛІДАРНОСТІ 7:00 ВІДКРИТТЯ «UKRAINIAN ARTISTS UNITED» - ЦИФРОВА ВИСТАВКА</p> <p>25 ЛЮТОГО, 2023 СОБОР ПОКРОВИ ПРЕСВЯТОЇ БОГОРОДИЦІ 11:00 МОЛЕБЕНЬ ЗА ЖЕРТВ ВІЙНИ <small>ТА ХОДА ЗА МИР ВІД СОБОРУ ДО</small> КАТЕДРИ СВВ. ВОЛОДИМИРА Й ОЛЬГИ 12:00 ВСЕКОНФЕСІЙНУ ПАНАХИДУ</p> <p>26 ЛЮТОГО, 2023 УСІ УКРАЇНСЬКІ ЦЕРКВИ <small>СПІЛЬНА МОЛИТВА ЗА УКРАЇНУ В ЦЕЙ ВОЄННИЙ ЧАС</small></p>
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#StandWITHUkraine

More info:
www.uccmanitoba.ca
www.facebook.com/uccmb

4. **Next Sunday** -- our monthly **Coffee Sunday!** Come prepared to stay and enjoy.

5. **Mark your Calendars!** Plan to take advantage of this extraordinary Lenten Opportunity - **LENTEN RENEWAL** on the **Annunciation Weekend** - 24, 25 & 26 March, 2023 with Winnipeg's New Auxiliary Bishop - **BISHOP ANDRIY RABIY!** Words of Inspiration, Confessions, Fellowship, Spiritual Renewal!

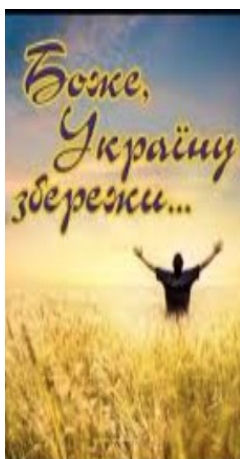
6. **A Weekly Seniors get-together?** What would be the interest of a weekly/biweekly get-together of post-retirement parishioners for a snack and coffee and cards, singing, etc. and just some good спілкування/fellowship? if the desire is there, the details will be worked out. Let's talk.

7. **ART AUCTION** to help Ukraine: **Watch the website of Oseredok.** An Online Auction will take place on March 12-20, 2023. The art pieces are to be exhibited at Oseredok only on March 11th. See www.oseredok.ca.

8. **ARE YOU SITTING DOWN!?** Okay... now Myron has informed us that the Perogy offer has been increased! Not only NEW Volunteers in the two-day perogy-making operation will receive a FREE BAG of a dozen super BVM Perogies, but **ALL VOLUNTEERS** will receive a FREE DOZEN as a token of appreciation just for coming out to help out on one or the other or both days! You will be helping your parish! parishioners better. You will learn a new skill or two, So... you... **Deal?**



No Deal? Or



2023 Lenten Великопосні

Retreat
24-26
March

Реколекції
Annunciation Weekend!
Three Days of Inspiration
and Spiritual Renewal with
Bishop Andriy Rabyi

An opportunity for Confessions, Discernment, Fellowship!

Mark those dates and plan now to attend and bring others...

Some Guidelines for LENT

First of all, Lent (a.k.a. The Great Fast) – is a time that we gladly engage in the three hallmarks of repentance and of enhancing our spiritual lives – **Prayer, Fasting and Almsgiving/Charitable works.** This is throughout **Lent** (February 20-April 1) and **Holy Week** (April 3-8). It is a time when we refrain from parties, frivolous social activities, etc. and strive to spend time reflecting, reading, searching our own heart and soul – all the while getting to know ourselves better and our Lord and those around us!

Strict Fast (no meat, dairy or poultry) first day of Lent (February 20) and Good Friday (April 7) are days of strict fast.

All Fridays are normally days of abstinence from meat during the year and this, naturally continues during Great Lent.

There are exceptions to the days of fasting and abstinence. Saturdays and Sundays can be excluded (as a kind of break or oasis) (c. 115, § 6) and any major Feast day that falls on a fasting day during Lent – in this case of the Annunciation, which falls on Saturday, March 25th this year.

A good guide is our Parish calendar, where you will find our days of fasting and abstinence marked with a large fish symbol. You will notice a “small fish” symbol on Wednesdays of Great Lent. You could also abstain from meat on “small fish days”.

However, the New Particular for our Ukrainian Catholic Church, asks that we abstain from meat on **all Mondays, Wednesdays** as well as **Fridays** during Lent. And that the **whole** of the **first week** of Lent and the **whole** of **Passion (Holy) Week** be periods of abstention from meat products as well. Under what circumstances does one not need to fast (*even shouldn't in some cases*)? Well, the regulations state those up to 14 years of age or beyond 60 years of age are NOT obliged to fast. Other than that, there is a short list of situations when one may be excused from participating in the fasting practices of our Church - when health could be compromised or when the performance of one's essential duties may be compromised or pt at risk, etc. The point is - fasting and prayer and almsgiving may be a challenge (*or may prove to be somewhat irksome at times*) as times, but these things have proven to be immeasurably beneficial to all believers over the last two millennia in the life of the Church. Let's not sell ourselves short, but let's rather tap into these proven spiritual practices and support others who want to do so.

So, prayer (*we have a lot scheduled in our parish, so come as often as possible*), fasting (*let's do this countercultural thing and increase our health – in both body & soul*) and yes, almsgiving/charitable works [by doing (*showing kindness and contacting the marginalized*) and by NOT doing (*gossiping, griping, being snooty, etc.*)]

 <p>Ruslan Construction Professional Metal Roofing/Siding Manufacturing & Exterior Construction <i>Locally-made products</i> 204-294-7372 ruslanconstruction.com</p>	 <p><i>"Independently Owned"</i> 1442 Main St. Winnipeg, MB 1800 Day St. Transcona, MB Tel: 204-586-8044 <i>Serving the Ukrainian Community for over 50 years</i> www.cropo.com</p>
 <p>KARPATY MEATS & DELI <i>Fresh Homemade Sausages</i> 536 Bannerman Ave. (McGregor) Winnipeg, MB R2W 0V6 Mon.: Closed Tues: 8 AM-5 PM Wed-Fri: 8 AM – 6 PM Tel: 204-586-1395</p>	 <p>950 Main Street 1375 Grant Ave. 1341-A Henderson Hwy. 1-850 Regent Ave. W. 310 Leila Ave Mon-Fri 9:30 am - 5:00 pm (Leila branch also open Sat.) 1940-2022 204-989-7400 carpathia.ca</p>
	 <p>907 Main St. Winnipeg, MB R2W 3P2 Tel: 204-956-2193 245 Railway Ave. Vita, MB R0A 2K0 Tel: 1-204-425-3114 info@korbanchapel.com www.korbanchapel.com <i>Serving the Ukrainian Community for over 45 years</i></p>
	 <p>COLLISION CENTER <i>Ivan Pecuh</i> 811 Murray Ave. Winnipeg, MB R2V 4S7 Tel: 204-334-4754 Fax: 204-338-3705 <i>Collision, Glass replacement, Restoration, Insurance Claims</i></p>
	<p>GALARNYK Insurance Agency Ltd. 696 McGregor St. Winnipeg, MB R2V 3T8 204-582-7891 M to F: 9 AM-6:30 PM Sat.: 9-2:30 PM <i>Serving the Community for over 55 years!</i></p>

Some Practical Pointers for Receiving Holy Communion

There are several spiritual/pastoral considerations when planning to receive our Lord God Jesus Christ, Body, Blood, Soul and Divinity in Holy Communion. We should be prepared spiritually as best as possible.... making a good Confession if need be (if we are aware of grave sin, if we have been missing church on Sundays, etc.),... preparing ourselves psychologically and by prayer,... fasting at least an hour before the Divine Liturgy,... not coming forward if we are not ready, or are not members of the Catholic Church or otherwise believe what the Catholic Church does about Holy Communion (see above), etc. However, here are a few practical matters that would help the receiving and administering of Holy Communion at our Liturgies...

1. if there are ushers, follow their prompts and leads, otherwise
2. we know when “Communion time” is going to be. Let's start moving out of our pews, and up the aisle into place, so that there is not a long wait after the Priest proclaims “Approach...”
3. like traffic rules, people know what to do and when to do it. Don't be excessively polite... you make your way out of the pew and up the aisle and others will take care of themselves at a pace that works for them. Besides, perhaps they have decided that they will not (or should not) receive Holy Communion today and you might be putting them on the spot. Keep the line flowing.
4. come close to the priest and use the handrail as needed. There should be no moving around or crouching or standing on toes, etc. STAND STILL, tilt you head back as best you can and open you mouth and calmly receive our Lord. The priest will position himself to easily give you Communion. Your movement and trying to accommodate what you perceive to be the position of the one distributing Holy Communion can often contribute an unnecessary awkwardness or even an accident.
5. Cross yourself BEFORE arriving at the spot where you will receive Communion and STEP AWAY before crossing yourself or bowing.
6. Holy Communion is the highlight of our day, our week. Take time to rejoice and contemplate what just happened. No need to rush out of church after the service. You came to church and you received the living Body and Blood of Christ from your Lord who wants you to receive this Holy Sacrament weekly and even daily so that Jesus may dwell in you and that you will attain to eternal life! Take time to pray at least one of the “prayers after Holy Communion” at the back of your prayerbook before leaving.

“I say to you, unless you eat the flesh of the Son of man and drink his blood, **you have no life in you;** he who eats my flesh and drinks my blood **has eternal life** (John 6:53-58).

Schedule of Services Feb. 19 to 25, 2023

Sun., Feb. 19 **Sunday of Cheesefare Неділя Сиропусна**
 9:20 am - 3rd Hour & Rosary
 10:00 am - Divine Liturgy... For all parishioners **а в год. 18:00 поверніться!**

Mon., Feb. 20
LENT BEGINS!
 1 Cor. 3:18-23
 Luke 21:8-36
 7:20 a.m. - 1st Hour & Rosary
8:00 a.m. - Divine Liturgy... +Pope Benedict XVI

Tues., Feb. 21
Ven. Timothy
 Romans 8:14-21
 Matthew 6:1-13
 7:20 a.m. - 1st Hour & Rosary
8:00 a.m. - Divine Liturgy... For +Tony Reznowski
by Theodore Parzyjagla

Wed., Feb. 22
 Finding relics of martyrs at Eugenius
 2 Cor. 4:13-18
 Mark 11:22-25
 7:20 a.m. - 1st Hour & Rosary
8:00 a.m. - Divine Liturgy... За здоров'я Євгенії Булки
7:00 p.m. - Liturgy of the Presanctified Gifts

Thurs., Feb. 23
Priest martyr Polycarp
 Romans 15:30-33
 Matthew 7:7-11
 7:20 a.m. - 1st Hour & Rosary
8:00 a.m. - Divine Liturgy... For ++Helen, Sophia & Volodymyr
by Dmytro Sikora

Fri., Feb. 24
 1st & 2nd finding of head of St. John the Baptist
 2 Cor. 4:6-15
 Matthew 11:2-25
 7:20 a.m. - 1st Hour & Rosary
8:00 a.m. - Divine Liturgy... For +parents & all Souls in Purgatory
7:00 p.m. - Way of the Cross/Хресна Дорога *by Bogusia Rydzygowski*

Sat., Feb. 25
Great martyr Theodore of Tyre
 Hebrews 1:1-12
 Mark 2:23-35
 8:20 a.m. - 1st Hour & Rosary
9:00 a.m. - Divine Liturgy
followed by Panakhyda (Sorokousty).... as requested by parishioners
11:00 a.m. - Moleben' for Peace in Ukraine and Walk for Peace (beginning at St. Mary the Protectress Sobor—820 Burrows Ave) ending at
12:00 Noon - Panakhyda for the victims of War and Walk for Peace (at Sts. Volodymyr & Olha Cathedral 115 McGregor St) **LET'S COME OUT TO THIS!**

Sun., Feb. 26 **1st Sunday of Lent 1-а неділя Посту**
 9:20 am - 3rd Hour & Rosary 10:00 am - Divine Liturgy... all parishioners

Thank you to all who joyfully helped to prepare our church for Lent!



VIGIL LAMPS

Sanctuary Lamp/Вічна Лямпа: For Peace in Ukraine - Lord, Have Mercy За мир в Україні.

Christ Icon – Lord, bring your **comfort** and **courage** to all those suffering over this terrible war,

Mother of God Icon – For a **conversion** of Russia and of all those pushing for war in Ukraine

Request your Vigil Lamp intention at least a week ahead of time. What a beautiful way of praying, knowing the candle burns for a week for your intention.



Please pray for the sick and shut-in members of our Blessed Virgin Mary parish, and be in touch with them when you can (cards, short telephone conversations, visits).

"Lord God, please be present to all the ill, infirm and elderly of our parish. You love each and everyone...."

River East Care Home: Edward Holowich **Maples Care Home:** Anna Paslawsky, Eleanor Harik
Beacon Hill: Helen Naherny **Holy Family Home:** Lorraine Putasnick, Adam Romanchuk,
 Fr. Yakowchuk, Mary Henkewich, Helena Dubik, Mary Kozelko