



Welcome



St. Josaphat Ukrainian Catholic Church in Vernon, BC

2210 – 40th Avenue, Vernon, BC V1T 8Z9

Liturgies: Tuesday to Friday – 9:00 a.m.
Holy Days - 10:00 a.m.



Sundays – 9:30 a.m. – Rosary
10:00 a.m. - Divine Liturgy

Saints Peter and Paul Ukrainian Catholic Church in Grindrod, BC



Carlín Street and 3rd Avenue,
Grindrod, BC

Sundays Divine Liturgy:

March 6th – 2:00 p.m.

March 13th – 3:00 p.m.

March 20th – 2:00 p.m.

March 26th Sat. – 5:00 p.m.

Pastor: Rev. Volodymyr Dmyterko
P.O. Box 20064 Vernon, BC V1T 9L4
Phone: 250-549-1327;

Email: o.volodymyr@yahoo.ca

Parish website: <http://vernon.nweparchy.ca/bulletins/>

Eparchy: www.nweparchy.ca



*“The Vibrant Parish – a place to
encounter the living Christ”*

Patriarch Sviatoslav

Welcome! Bimaemo!

We extend a warm welcome to our parishioners, your families and friends. We are glad that you have come to worship with us today and pray that your participation in our parish will be enriching to you.

Following every Sunday Divine Liturgy, Fellowship Coffee is served!

We invite everyone to join us.

PASTORAL MINISTRY AND SACRAMENTS:

SACRAMENT of CONFESSIONS: on Sundays and Holy Days: 30 min before Divine Liturgy and other days, by appointment.

HOLY COMMUNION: for the sick, by appointment, any time.

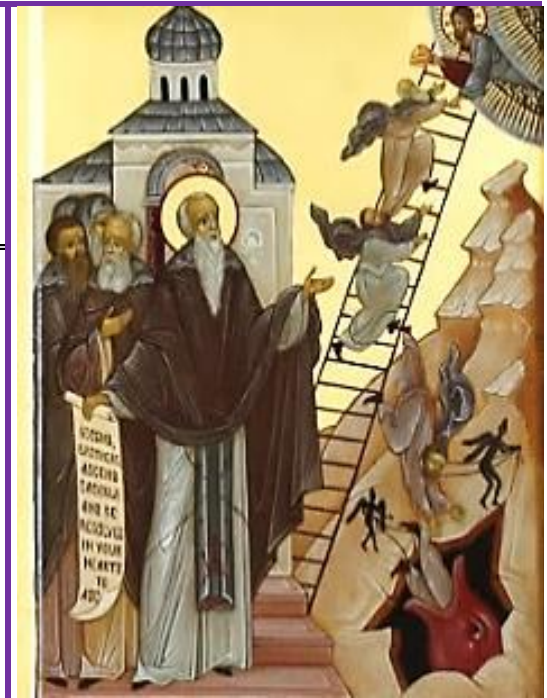
BAPTISMS - by appointment.

MARRIAGES - by appointment, at least 6 month in advance.

FUNERALS - by appointment.

ANOINTING of the sick, hospital visits - by appointment, any time

Please note: parish members requesting the celebration of a Divine Liturgy for a special intention (such as: Thanksgiving, the Infirm, General Intentions, the Deceased, Help of the Holy Spirit, for the Travelers, etc.), please see Fr. Volodymyr to arrange for it.



Our parish community extends a welcome to visitors who wish to pray and worship with us and who would like to participate in the life of our parish in all aspects. We assure you that visitors to St. Josaphat Ukrainian Catholic Church in Vernon meet with the warmest hospitality. Although we are a small community, we pride ourselves in being a family which centers itself on faith, prayer and a shared love of our Traditions. Although we are proud to belong to the Ukrainian Catholic Church, a number of ethnic backgrounds are represented in our parish community.

Divine Services are celebrated according to the Byzantine Catholic Rite of Ukrainian usage. Whether you are familiar with our Liturgy and Traditions from your own faith formation or would like to learn more about them, we extend a heartfelt welcome to you to join us for Divine Liturgy. Whether you are Roman Catholic or a member of another Church or Religious Tradition, you are most welcome to join us for worship. The Liturgy is celebrated using a mix of English and Ukrainian. The readings from the Holy Gospel and Epistles, as well as homilies are in English.



Forth Sunday of the Great Fast * Saint John of the Ladder The Holy Forty Martyrs of Ammorium (848)

Troparion (Tone 8): You came down from oh high, O Merciful One,* and accepted three days of burial* to free us from our sufferings.* O Lord, our life and our resurrection,* glory be to You

Troparion, (Tone 1): O John, our God-bearing father,* you were shown to be a citizen of the desert,* an angel in bodily form,* and a worker of miracles.* Through fasting, prayers and vigils you received heavenly gifts* to heal the sick and the souls of those who, in faith, run to you.* Glory to Him who gives you strength.* Glory to Him who crowned you.* Glory to Him who works healing for all through you.

+Glory be to the Father and to the Son and to the Holy Spirit, Now and forever...

Kontakion (4) On the heights of true abstinence,* the Lord established you as a reliable star,* giving light for guidance to the ends of the earth,* O father John, our teacher.

Prokimenon (7): The Lord will give strength to His people;* the Lord will bless His people with peace.

verse: Bring to the Lord, O you sons of God; bring to the Lord young rams. (Psalm 28:11,1)

Prokeimenon, The venerable ones will exult in glory* and they shall be joyful in their beds.



Epistle (Heb 6:13-20): Brethren, when God made a promise to Abraham, because he had no one greater by whom to swear, he swore by himself, saying, 'I will surely bless you and multiply you.' And thus Abraham, having patiently endured, obtained the promise. Human beings, of course, swear by someone greater than themselves, and an oath given as confirmation puts an end to all dispute. In the same way, when God desired to show even more clearly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it by an oath, so that through two unchangeable things, in which it is impossible that God would prove false, we who have taken refuge might be strongly encouraged to seize the hope set before us. We have this hope, a sure and steadfast anchor of the soul, a hope that enters the inner shrine behind the curtain, where Jesus, a forerunner on our behalf, has entered, having become a high priest for ever according to the order of Melchizedek.

Alleluia (7): **verse:** It is good to give praise to the Lord; and to sing to Your name, O Most High.

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

Gospel: (Mark 9:17-31): At that time a man came to Jesus and said: 'Teacher, I brought you my son; he has a spirit that makes him unable to speak; and whenever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, but they could not do so.' He answered them, 'You faithless generation, how much longer must I be among you? How much longer must I put up with you? Bring him to me.' And they brought the boy to him. When the spirit saw him, immediately it threw the boy into convulsions, and he fell on the ground and rolled about, foaming at the mouth. Jesus asked the father, 'How long has this been happening to him?' And he said, 'From childhood. It has often cast him into the fire and into the water, to destroy him; but if you are able to do anything, have pity on us and help us.' Jesus said to him, 'If you are able!—All things can be done for the one who believes.' Immediately the father of the child cried out, 'I believe; help my unbelief!' When Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, 'You spirit that keep this boy from speaking and hearing, I command you, come out of him, and never enter him again!' After crying out and convulsing him terribly, it came out, and the boy was like a corpse, so that most of them said, 'He is dead.' But Jesus took him by the hand and lifted him up, and he was able to stand. When he had entered the house, his disciples asked him privately, 'Why could we not cast it out?' He said to them, 'This kind can come out only through prayer.' They went on from there and passed

through Galilee. He did not want anyone to know it; for he was teaching his disciples, saying to them, 'The Son of Man is to be betrayed into human hands, and they will kill him, and three days after being killed, he will rise again.'

Instead of "It is truly...": 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 the 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. Alleluia (x3).

Prayer for a Vibrant Parish Prayer

O Lord Jesus Christ, our Good Shepherd, as you once gathered lost sheep that they might hear Your voice and be your flock, so also today graciously look down from heaven upon our parish community, and send down on it your Holy Spirit, that it might be a place to receive the joy of Your Good News. Strengthen us with your presence, and always gather us together in prayer. Grant us the spirit of serving others, so that in our parish all might encounter You, the merciful God. Bless our spiritual leaders with Your wisdom, and inspire us to generously give of our time, talents and treasure for the building up of Your Kingdom. Unite us in peace and harmony, as befits Your community of love. Instill in us a missionary spirit, and let our parish community shine with the light of the Gospel, with prayer and good works, inviting all to share in the divine life, so that Your Name, O Savior, may be praised, together with Your eternal Father, and your most-holy, good and life-giving Spirit. Amen.

Please Continue our Prayer for Ukraine:

Heavenly Father, Your Son taught us "Blessed are the peacemakers for they shall be called Children of God." At this hour, we fervently pray that Your Holy Spirit may inspire men and women in Ukraine to become Peacemakers. May they seek reconciliation and dialogue and end the violent confrontation and killing. May they restore tranquility to their nation and restore human rights, democratic principles and religious liberty to their troubled land. God, our Father, we beseech you to comfort the suffering, heal the wounded and accept the souls of the departed into Your Heavenly Kingdom. And may the Most Holy Mother of God, extend her Blessed Mantle of Protection over Ukraine. May each of us always live our lives as instruments of Your Peace. Amen.

ANNOUNCEMENTS:

EASTER DUTY—The Church requires that every Catholic receive the Mysteries of Repentance and Eucharist at least once a year, during the Lenten/Easter season.

Special Lenten Collection for Ukraine - our Eparchial Collection in favour of the needs of our Church in Ukraine will take place **Sunday February 28th and March 6th**. Please use the special envelopes which are provided at the front entrance and make cheques payable to your parish. Thank you for your generosity.

Mission Donation: **Ann Marie Johnston \$200.00.** Thank You very much for Your kind generosity!



Easter Bake Sale - The UCWLC of the St. Josaphat parish invites all to Annual Easter bake Sale on **Sunday, March 20th, 2016** starting at 11:30 am. Please donate Baking and help will be appreciated.

During the Bazaar, visitors like to browse and learn about our Ukrainian culture, traditions and foods, purchasing items that appeal to them. We will be soliciting for traditional Ukrainian "Sweets" for our visitors to enjoy.

Memorial Divine Liturgy and Sorokousty for the deceased of Individual Family members will be celebrated every Saturday during Great Lent at 9:00am beginning on February 13, 2016. Arrange to have the deceased members of your family remembered during these Services. Please hand your Memorial service book filled with the names of ours deceased loved ones over to Father Volodymyr for the prayers.

Lenten Reconciliation Service at RC church – Fr. Volodymyr will be assisting RC clergy in Sacrament of Confession on Thursday, March 10th at St. Joseph’s parish, Armstrong at 7:00p.m.

Sunday collection February 28th - Vernon \$ 488.00 ; Grindrod \$

“Save-on- Foods” gift cards – are available for sale. Anyone wishing to buy the cards, please contact Mrs. Patricia Sawadsky or Fr. Volodymyr.

Grace. If for any of these or other reasons you cannot receive Holy Communion, you are welcome to come for a blessing. Please indicate to the priest that you would like to receive his blessing.

Parishioner’s news section: As a Parish, it would be wonderful if we could share in our fellow brothers and sisters journey- their joys and sorrows. If you have an upcoming event (birth announcement, big anniversary, graduation, etc) or updates such as medical news, prayer requests, etc., please send us an email or tell to the priest, so it can be included in the newsletter. As well, if you wish to celebrate a special occasion with us, you are more than welcome to bring a contribution to add to the coffee social.

Happy Birthday – May the Almighty God bless in good health and salvation in Many Happy and Blessed Years of Life to those who celebrated their birthday in month of March: Ivy Munro (Mar. 3); Mrs. Mary Lesiuk (Mar. 12) ; Mrs. Dorothy Chura (Mar. 16); Mrs. Ann Yaremchuk (Mar. 17); Vira Dmyterko (Mar. 24)

Many happy healthy years! Mnohaya i Blahaya Lita!

Please Pray for health of ...Rose Scherba, I. Roy, Les Blain, D. Chura, T. O’Donnell, Rose Shawchuk, Anthony Mulik, John Maiwka, Yanko Anna, Szadiak Victor and Gloria, Sophie Caskey, Walter Kociuba, Nick Roman, Kalyna Kociuba, Terry Konopada, Jesse Kosick, Marion McAreavy, Mary Ferguson, Nicholas Adam Laniel Cryss O’Donnell, Rose Ostopowich, Beverly Brodoway and her husband Harry and all other parishioners and family members who need our support and God’s healing at the present time. Let us also remember our sisters and brothers in Ukraine in our prayers!

Please let Fr. Volodymyr know if you would like to add new names to the prayer list and also notify him about any sick and/or hospitalized parishioners and family members.


Meetings Church Councils and Organizations:

St. Josaphat’s Parish Council Meeting will take place, March 13th - After the Div. Liturgy at 10:00 a.m.

Knights of Columbus Executive Meeting will take place on Tuesday, **March 8th at 7:00 pm.** at OLOV RC church.

UCWLC meeting will take place on Tuesday, **March 8th - After the Divine Liturgy at 9:00 a.m.**

Knights of Columbus Executive Meeting will take place on Tuesday, **March 22nd at 7:00 pm.** at OLOV RC church.

 **EMAIL BULLETIN** - If you would like to have the Bulletin emailed to you please send your request to: o.volodymyr@yahoo.ca

PARISH WEBSITE – <http://vernon.nweparchy.ca/bulletins/>

Prayer for the 4th Sunday of Lent

Having been granted to stand in Thy holy place, O Lord our God, we Thine unworthy servants, having no good works to bring before Thee, offer up to

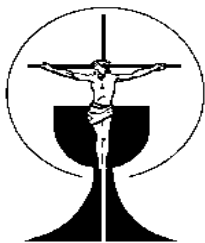


Thee a contrite heart and an humble spirit, to Thee Who hast no need of our goods; and we ask from Thy bounty, the pardon of our sins.

Hearken unto our meager supplications, O Thou Who didst not despise the Publican when he humbled himself before Thee, but didst shew him more justified than the self-righteous Pharisee, whose boasting and vain, empty talk, do Thou root out from our hearts; but grant us the Publican's repentance and the humility that brings us closer to Thee, Who liftest up the humble, and dost humiliate the exalted; and make us worthy of that bliss which is stored up for the poor in heart, in the Kingdom of Heaven.

Through the mercies of Thy Christ, with Whom Thou art blessed, together with Thine All-Holy, and Good, and Life-creating Spirit, always, now and ever, and unto ages of ages. Amen.

**Having suffered the Passion for us, O Jesus Christ, Son of God,
have mercy on us!**



LENTEN PRAYER

Lord Jesus Christ our God, who wept over Lazarus and poured on him tears of sadness and compassion, accept the tears of my bitterness. Through your passion heal my passions, through your wounds bring remedies to my wounds, through your blood purify my blood and mingle with my body the perfume of your body which gives life.

May the gall which your enemies gave you to drink sweeten my soul and dispel the bitterness poured into it by the adversary. May your body, stretched on the wood of the cross, speed towards you my mind, so dragged down by demons. May your head, which you

laid on the cross, lift up again my head, buffeted by enemies. May your most hold hands, nailed to the cross by infidels, raise me from the gulf of perdition towards you, as your holy mouth promised (John 12:32).

May your face, which received blows and spitting from wretched men, make my face to shine, deformed as it is by iniquities. May your soul, which you gave up to your Father on the cross, lead me to you by your grace.

I have no heart in the mourning to seek you with, I have neither repentance nor compunction, which bring the children back to their inheritance. Lord, I have no tears. My mind is clouded with earthly cares, and cannot lift its gaze to you in sadness.

My heart has grown cold in a multitude of temptations, and cannot warm itself with the tears of your love.

But you, O Lord Jesus Christ, treasure of all riches, grant me perfect repentance and a sorrowing heart, that I may seek you with all my heart, for apart from you I will have no riches. Give me, therefore, O Good One, your grace. May the Father from whose bosom you went forth outside of time, from all eternity, renew in me the features of your image. I have abandoned you; do not abandon me. I have gone from your house; please go out to seek me and bring me in your pasture. Number me with the sheep of your chosen flock and feed me with them from the store of your divine Mysteries.

St. John Saba (Syrian monk of the 7th century)

DO YOU HAVE MORE THAN ONE 'SELF'?

How many personalities do you have? The answer may be: more than you think. Consider, as one author notes, than most people have at least *three* sides: the persona they exhibit in public (at work, among friends, shopping); the side that breaks forth when they return into their homes (what might be called the "private," family self), and an interior one that is "secret" and known only to the person himself or herself. This is the part of us that dreams, that aspires, that distrusts, that resents, that constantly thinks – in short, our daily stream of consciousness, or "interior dialogue." It's in a deep vault.

Politicians and celebrities, of course, are the experts at public persona. But we all have this inclination: in public, polite; all smiles; affable; bothered by nothing at all. Not so when we get home and find something out of order. Suddenly we sulk or rant. The smile (and courtesy) are gone. That side is known most predominately to the spouse, children, siblings, and parents -- the private self. This is the side that "let's your hair down."

The secret persona is something no one else would know -- and perhaps not even guess: inner likes, dislikes, lusts, jealousies, anger, urges, insecurities, inferiority, aspirations, compulsions. This would be the self where one would locate the true way we think of others. It is where our actual intentions are. It would also be where our true faith is missing or found.

Remember the expression, "A penny for your thoughts"? That's because we often sense that we don't really know what's going through a person's heart or head no matter how "close" we are to them. Only the Lord knows us fully -- and better than we know ourselves. "Behold, You desire truth in the innermost being," says *Psalms* 51:6. "And in the hidden part You will make me know wisdom."

When we have three parts to our personalities, they can become like insulated – isolated -- compartments, for compartments consist of walls. There is a disconnect. From this comes tension. Our inner sides may war with each other. We don't feel whole. When we don't feel whole (one with Christ), we don't feel happy. We reach out and try to find a solution in power or money. Look at the wealthiest people and ask yourself: do they look fulfilled and happy? Or do they continue to strive for something? What do they *really* think of themselves? And egotists? A narcissist is often simply trying to hide the deepest interior of his or her soul not only from others but from himself or herself.

How many of your thoughts, in the course of a day -- or an hour, a minute -- are focused on yourself: what others think of you, how they are perceiving what you have, what you would really like to "be," who you really think you are?

It's when we join all parts of ourselves with Jesus that He clears the debris and the wrongful internal "chatter" and makes us whole. We can only have a single persona by being honest, dispensing all pride, discarding wrong patterns (it is the *pattern* more than a single sin, that God cares about), and washing ourselves in the Confessional (and thereafter).

Interior cleansing during Lent -- asking the Holy Spirit to probe the deepest recesses of our personalities and cleansing what should be cleansed; correcting what should be corrected; connecting what should be joined; purging what should be purged -- is a goal we should all have.

Take time for the desert; in Adoration. Strip everything down. Knock down interior barriers, which cause tension. Imperfections and divides (especially lust) can be hidden doorways to spirits that then cause other, seemingly unrelated desires. Grant them no place -- no corner, no compartment -- to hide. There should *be* no separate selves. What is displayed in public should conform to how we are in private and how we are in private should conform with our true, secret part. When we have just one "self" we are much better prepared for Heaven -- where every part of us will be instantly known. Better now than in the "great laundromat in the sky" known as purgatory. To thine own self (not "selves") be true.

Be one person. Unite yourself. What you see should be what it is.

The true you is you at your best (which includes the you at your most compassionate).

To locate that, to find who you really are, to base yourself on the truth within -- on who God formed you to be (as opposed to what we or others decided we should be) – takes but a simple prayer. Say it frequently. It's another quote from *Psalms*(51:10): "Create in me a clean heart, O God, and renew a steadfast spirit within me."

Liturgical celebrations during week:

Tue. Mar. 8 th	9:00 a.m.	Div. Lit. For intention. Requested by anonymous
Wed. Mar. 9 th	9:00 a.m.	Liturgy of the Presanctified Gifts
Thu. Mar. 10 th	9:00 a.m.	Div. Lit. + Robert Ring. Requested by Mrs. Katherine Blain
Fri. Mar. 11 th	9:00 a.m.	Divine Liturgy
	4:00 p.m.	Station of the cross – Make it a priority this Lent.
Sat. Mar. 12 th	10:00 a.m.	Memorial Divine Liturgy / <u>Sorokousty</u> – Prayers for the Deceased loved ones
Sun. Mar. 13 th	9:30 a.m.	Rosary (Vernon)
	10:00 a.m.	God's blessings for all parishioners of St. Josaphat Church (Eng./Ukr.)
	2:45 p.m.	1st Hour Service (Grindrod)
	3:00 p.m.	God's blessings for all parishioners of Sts. Peter and Paul Church (Eng.)

In Your Prayers: Please remember to pray for the sick and the infirm of our Parish.

Please note: parish members requesting the celebration of a Divine Liturgy for a special intention (Thanksgiving, the Infirm, General Intentions, the Deceased, Help of the Holy Spirit, for the Travelers, etc) intentions, please see Fr. Volodymyr to arrange for it.