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**Office Hours: Tuesday-Friday 10am-4pm
Closed on statutory holidays**

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We are each of us angels with only one wing...

And we can fly embracing each other...

Luciano DeCrenzenzo

January 12, 2025 – Sunday after Theophany; Octoechos Tone 1; The Holy Martyr Tatiana.

Intentions this Sunday

Saturday at 4:15pm: +Mary Novakuske; Sunday at 9:30am: Parishioners; Sunday at 11am: Parishioners.

First Antiphon

When Israel came forth from Egypt, the house of Jacob from an alien people. *Through the prayers of the Mother of God,* O Saviour, save us.*

Judah became His sanctuary, Israel His dominion. *Through the prayers of the Mother of God,* O Saviour, save us.*

Why was it, O sea, that you fled,* that you, O Jordan, turned back on your course? *Through the prayers of the Mother of God,* O Saviour, save us.*

Glory... Now... Only-Begotten Son...

Third Antiphon

Come, let us sing joyfully to the Lord, let us acclaim God, our Saviour. *Son of God, baptized by John in the Jordan, save us who sing to You: Alleluia.*

Let us come before His face with praise, and acclaim Him in psalms. *Son of God, baptized by John in the Jordan, save us who sing to You: Alleluia.*

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Entrance

Come, let us worship and fall down before Christ. *Son of God, baptized by John in the Jordan, save us who sing to You: Alleluia.*

Troparia and Kontakia

Troparion, Tone 1: Though the stone was sealed by the Judeans,* and soldiers guarded Your most pure body,* You arose, O Saviour, on the third day,* and gave life to the world.* And so the heavenly powers cried out to You, O Giver of Life:* Glory to Your resurrection, O Christ!* Glory to Your kingdom!* Glory to Your saving plan,* O only Lover of mankind.

Troparion, Tone 1: When You, O Lord, were baptized in the Jordan,* worship of the Trinity was revealed;* the voice of the Father bore witness to You,* naming You the beloved Son,* and the Spirit in the form of a dove confirmed the word's certainty.* Glory to You, O Christ God,* who appeared and enlightened the world.

Glory be to the Father and to the Son and to the Holy Spirit. Now and forever and ever. Amen.

Kontakion, Tone 4: Today, You have appeared to the world* and Your light, O Lord, has been signed on us,* who with knowledge sing Your praises.* You have come, You have appeared, O unapproachable Light.

Prokeimenon, Tone 1

Let your mercy, O Lord, be upon us* as we have hoped in you.

Repeat: Let your mercy, O Lord, be upon us* as we have hoped in you.

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

Repeat: Let your mercy, O Lord, be upon us* as we have hoped in you.

Epistle

Ephesians 4:7-13

Alleluia, Tone 5

verse: Your mercies, O Lord, I will sing for ever; from generation to generation I will announce Your truth with my mouth.

verse: For You have said: Mercy shall be built up for ever; in the heavens Your truth shall be prepared.

Gospel

Matthew 4:12-17

Hymn to the Mother of God, in the place of It is truly right

O my soul, magnify Christ the King, baptized in the Jordan. Every tongue is at a loss to praise you as is your due, O Mother of God. Even a spirit from above is filled with dizziness when seeking to sing your praises. But since you are good accept our faith, for you know well our love inspired by God. For it is you who protect all Christians; therefore, we magnify you.

Communion Hymn

The grace of God has appeared* bringing salvation to all.* Praise the Lord from the heavens;* praise Him in the highest.* Alleluia, alleluia,* alleluia.

Liturgical Schedule

Monday, Jan 13 The Holy Martyrs Hermylus and Stratonicus.	Hebrews 8:7-13 Mark 8:11-21			
Tuesday, Jan 14 Our Venerable Fathers Massacred in Sinai and Rhaithu	Hebrews 9:8-10,15-23 Mark 8:22-26			
Wednesday Jan 15 Our Venerable Fathers Paul of Thebes and John the Hut-Dweller.	Hebrews 10:1-18 Mark 8:30-34	10am	Rosary and Divine Liturgy	
Thursday, Jan 16 The Veneration of the Precious Chains of the Holy and All- praiseworthy Apostle Peter.	Hebrews 10:35-11:7 Mark 9:10-16			
Friday, Jan 17 Our Venerable and God- bearing Father Anthony the Great.	Hebrews 13:17-21 Luke 6:17-23			<i>Abstain from meat and meat products.</i>
Saturday, Jan 18 Our Holy Fathers and Archbishops of Alexandria Athanasius and Cyril.	Ephesians 5:1-8 Luke 14:1-11	4:15pm 5:30pm	Divine Liturgy (for Sunday) Great Vespers	Intention: Parishioners
Sunday, Jan 19 35 th Sunday after Pentecost	Colossians 3:12-16 Luke 18:18-27	9:30am 11am	Divine Liturgy (Ukrainian) Divine Liturgy (English)	Intention: Parishioners Intention: Parishioners

OTHER EVENTS THIS WEEK:

Monday, January 13 – Senior Exercise Class from 11-11:30am

Wednesday, January 15 – Senior Exercise Class from 11-11:30am

Thursday, January 16 – Perogy and cabbage roll making, from 7am-noon. Lunch is provided.

Sunday, January 19 – All-you-can-eat brunch. 10am-12:30pm.

ANNOUNCEMENTS

1. We welcome our guests and visitors. Thank you for worshipping with us!
2. THEOPHANY HOUSE BLESSINGS: Contact Fr. Michael to arrange (see contact information above). This is a beautiful and ancient custom of our Church. Take advantage of the blessings that come with your home being blessed from on high by the water of the Jordan!
3. Next Fundscrip order to be placed on Friday, January 17th. Order forms are available at the office.
4. Thank you to Karen, Charlotte, Marianne, Orest for setting up the hall for last week's Theophany supper; to Iryna for providing the kutia and Natalia for providing the kolach, and to all others who contributed and attended.
5. Brunch next week! Sunday, December 15 from 10am-12:30pm. Adults: \$14; children (6-12): \$6; children (5 and under): Free. Tell your friends! Want to help? Let the office know!
6. The Knights of Columbus is offering a pasta dinner on Monday, January 27th at the Moose Lodge on Trunk Road from 4:30 to 6 p.m. Dinner includes pasta, meatballs, salad, bread and butter. You may dine-in or take-out. The cost is \$15 for adults. A tub of 8 meatballs with sauce can be purchased for \$12. To arrange a time for take-out please call Steve Summers at 705-542-1288. Profits are donated to local charities including The Soup Kitchen and the St. Vincent Place.
7. Next 50/50 draw will be started this weekend. Tickets are \$10.00 each, maximum prize of \$1,000.00. Draw Date: Friday, February 28, 2025 at 2pm.

Outreach to Homebound Parishioners: Know of someone who might like a priest's visit? Contact the office or Fr. Michael to arrange.

PRAYER LIST OF SICK, SHUT-INS, AND DEAR ONES FAR AND NEAR: Lorraine Wilson, Msgr. Anton Szymychalski, Fr. Jaroslaw Lazoryk, Wanda Duczmal, Debbie Bromeley, Antoinette Blunt, Katherine Pasternak, Walter Borowicz, Pat Straticzuk, Elsie Barrett, Betty Pauliuk, Doris Lebel, Jo-Anne Stone, Nikolaos Georgas, Denise Jacques, Phil Marinelli, Mike Plastino, Theresa Barsanti, Patty-Ann Bellerive, Jim Parniak, Connie Sampson, Lee DeMelo, Fr. Oleh Yuryk, Fr. John Barszczyk, Dorothy McIntyre, Andrea Stone Pietramale, Lynn Dunne, Fr. Andrew Kormanik, Ray Robinson, Hunter Stone, Gavin Stone, Gerard Dosko, Anderson Knight, Jann, Ron Barasanti, Peter Harlow, Larisa Pochmursky, Elizabeth Cepecawer, MaryAnn Spadoni, Paul Taillefer, Erin, Dave Kowalyk, Mary Romanchuk, McGill Perry, Tammy Zalewski, Fernando Mannarino, Dave Redfern, Ora, Paul M, June, Bob, Dustin Wenmany and Tracey Burmaster, Sue and Mel Stanghetta, Norna Martynuck.

Lord, Jesus Christ, You Who travelled throughout Galilee healing the sick, enabling the blind to see and the lame to walk, bring healing to Your people who need it this day. Grant relief to the ones who suffer pain and physical torment. Give peace to those whose minds are tortured by mental illness and anxiety. Comfort those who are alone in their suffering; may Your people reach out to them and to all the needy this day. Send Your grace to the caregivers that they may be gentle and effective agents of Your loving mercy. May our sufferings be joined with Yours to bring healing throughout the world. Amen

DONATIONS: New Year's Day: \$325.00

Sunday, Jan. 5th: Offering - \$730.00

Building Fund - \$320.00

Initial Offering (envelopes) - \$175.00

In Memory of Vasyl Shcherbyak - \$125.00

THANK YOU!

"ON CALL" PRIEST

A priest is available in the city for emergencies 24/7. You can notify the chaplain, nurse or nursing home coordinators to contact the priest ON CALL. (705-256-6675)

PASTORAL PLANNING MEETING

Sunday, January 26/25

PLEASE mark your calendars for this very important date for a Pastoral Planning Meeting that includes ALL parishioners. It is to discuss the concerning financial state of our parish and WE NEED YOU to attend. We NEED your input. You should have already received a letter from Fr. Michael regarding this. There will be ONLY 1 Liturgy at 10am with the meeting to follow. A light lunch will be provided.

Rocks, Pebbles and Sand

A philosophy professor once stood up before his class with a large empty mayonnaise jar. He filled the jar to the top with large rocks and he asked his students if the jar was full.

His students all agreed the **jar was full**.

He then added some small pebbles to the jar and gave the jar a bit of a shake so the pebbles could disperse themselves among the larger rocks. Then he asked again, "Is the jar full now?"

The students agreed that **the jar was still full**.

The professor then poured sand into the jar to fill up all the remaining empty space.

The students agreed that **the jar was full**.

The Metaphor:

In this story, **the jar represents your life** and the **rocks, pebbles and sand are things that fill up your life**.

The rocks represent the most important projects and things you have going on, such as spending time with your family and maintaining proper health. This means that if pebbles and the sand were lost, the jar would still be full and **your life would still have meaning**.

The pebbles represent the things in your life that matter, but that you could live without.

The pebbles are certainly things that give your life meaning (such as your job, house and hobbies), but they are not critical for your to have a meaningful life.

These things often come and go, and are not permanent or essential to your overall well-being.

Finally, the sand represents the remaining filler things in your life, and material possessions. This could be small things such as watching television, browsing through your favourite social media site, or running errands.

These things don't mean so much to your life as a whole, and are likely only done to waste time or get small tasks accomplished.

The Moral:

The metaphor here is that if you start with putting sand into a jar, you will not have room for rocks and pebbles. **This holds true with the things you let into your life. If you spend all of your time on small and insignificant things, you will run out of room for the things that are actually important. In order to have a more effective and efficient life, pay attention to the "rocks" because they are critical to your long-term well-being.**

