

Parish Priest: Rev. Michael Hayes Cell Phone: 705-297-7489  
pastor.soostmaryukr@outlook.com

Office Manager: Charlotte Conrad

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

Parish Office Phone: 705-942-1377  
Parish Email: soostmaryukr@bellnet.ca  
Website: www.stmarysukrsm.ca  
Facebook: www.facebook.com/StMarySoo

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

***And we can fly embracing each other...***

Luciano DeCrenzenzo

---

**March 9, 2025** – First Sunday of the Great Fast: Sunday of Orthodoxy; Octoechos Tone 1; + The Holy Forty Martyrs of Sebaste.

---

*Intentions this Sunday*

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

***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:* Be swayed by the pains that the saints have suffered, for You, O Lord,\* , and heal all our pains,\* O Lover of mankind, for this we pray.

Glory be to the Father and to the Son and to the Holy Spirit.

*Kontakion, Tone 6:* Leaving behind every army on earth,\* you cleaved to the Master in heaven,\* O Forty passion-bearers of the Lord.\* For passing through fire and water\* you rightly received glory from heaven\* and a myriad of crowns, O blessed saints.

Now and for ever and ever. Amen.

*Kontakion, Tone 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.

***Prokeimenon, Tone 4***

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

*Repeat:* 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.

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

***Epistle***

Hebrews 11:24-26;32-40

***Alleluia, Tone 6***

*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.

***Gospel***

John 1:43-51

***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.

## Liturgical Schedule

<b>Monday, March 10</b> The Holy Martyr Codratus and those with him: Cyprian, Nika, Halyna, and others.	Isaiah 4:2-5:6 Genesis 3:21-4:7 Proverbs 3:34-4:22			<i>Abstention from meat and foods that contain meat.</i>
<b>Tuesday, March 11</b> Our Holy Father Sophronius, Patriarch of Jerusalem.	Isaiah 5:7-16 Genesis 4:8-15 Proverbs 5:1-15			
<b>Wednesday March 12</b> Our Venerable Father and Confessor Theophanes of Sigriana.	Isaiah 5:16-26 Genesis 4:16-26 Proverbs 5:15-6:3	5pm	Liturgy of the Presanctified Gifts	<i>Abstention from meat and foods that contain meat.</i>
<b>Thursday, March 13</b> The Transfer of the Relics of Our Holy Father Nicephorus, Patriarch of Constantinople.	Isaiah 6:1-12 Genesis 5:1-24 Proverbs 6:3-20			
<b>Friday, March 14</b> Our Venerable Father Benedict of Nursia.	Isaiah 7:1-14 Genesis 5:32-6:8 Proverbs 6:20-7:1	6pm	Stations of the Cross and Panakhyda for All Souls	<i>Abstention from meat and foods that contain meat.</i>
<b>Saturday, March 15</b> All Souls Saturday; The Holy Martyr Agapius and the Six Martyrs with him.	Hebrews 3:12-16 Mark 1:35-44	4:15pm	Divine Liturgy (for Sunday)	Intention: Parishioners
		5:30pm	Great Vespers	
<b>Sunday, March 16</b> Second Sunday of the Great Fast: St. Gregory Palamas.	Hebrews 1:10-2:3 Mark 2:1-12	9:30am	Divine Liturgy (Ukrainian)	Intention: Parishioners
		11am	Divine Liturgy (English)	Intention: Parishioners
		4pm	Forgiveness Vespers (Beginning of Great Lent)	

## **Other Events this Week**

Monday, March 10 – Senior Exercise Class from 11-11:30am

Wednesday, March 12 – Senior Exercise Class from 11-11:30am

Thursday, March 13 – Perogy and cabbage roll making, from 7am-noon. Lunch is provided.

Sunday, March 16 – All-you-can-eat brunch.

## **ANNOUNCEMENTS**

1. We welcome our guests and visitors. Thank you for worshiping with us!
2. On the Sundays of Lent, we take the Liturgy of St. Basil the Great. The major difference between this Liturgy and the usual Liturgy of St. John Chrysostom is the longer anaphora (Eucharistic Prayer). Supplements available with the English text.
3. All Souls (Sorokousty) Saturday this coming Saturday. A panakhyda for All Souls will be taken after Stations of the Cross on Friday.
4. NOTICE OF PARISH ANNUAL GENERAL MEETING: Sunday, March 30 at approximately 12pm (after a combined Divine Liturgy at 10am and a light lunch). Please plan to attend.
5. All-you-can-eat brunch next weekend!

6. "Walking into Spring" takeout fundraiser: April 4, 2025, pickup from 4-6:30pm. Menu: 3 cabbage rolls, 6 perogies, ½ homemade sausage patty, buttered baby carrots, coleslaw, mustard, sour cream. Price: \$20. Tickets available now!
7. During this time of Lent please remember the many people in our community struggling to put food on their tables, struggling to buy basic self-care and cleaning items. **Let's work to fill our Salvation Army Donation boxes to over-flowing** and show our community that we care for them!!!

**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 Szymchalski, Fr. Jaroslaw Lazoryk, Wanda Duczmal, Debbie Bromeley, Antoinette Blunt, Katherine Pasternak, Walter Borowicz, Pat Stratichuk, 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, Sylvie B, Bill McConnell, Anastasiia Pavliuk, Bernie Doran, Wanda Featherston.

*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:** Sunday March 2nd Offering: \$620.

Initial Envelope Offering: \$15.00

Special (repairs): \$15.00 Theresa Woroshelo

Building Fund: \$135.00

Special (repairs): \$100.00

***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)

#### **First Sunday of Lent – The Triumph of Orthodoxy**

The first Sunday of Lent is also known as the Sunday of Orthodoxy—this day celebrates the return of icons to the churches in 842. Icons were always venerated and used for prayer in the Byzantine Church until the reign of Emperor Leo III (717-741), who decreed that the use of icons was idol worship and outlawed them. This led to over a century of often-violent fighting within the Empire as icons were destroyed and their defenders were imprisoned, exiled, or tortured.

A Church council convened in 787 decreed that icons should be in the Churches and that any veneration of the icon is veneration of the saint depicted or, in the case of an icon of Christ, worship of Christ himself. Thus, the use of icons is not idolatry. This didn't immediately solve the issue.

Despite this ruling by a Church council, the fighting continued for several more decades until finally, in 842, the Empress Theodora restored the icons at the Hagia Sophia Cathedral in Constantinople—the primatial cathedral of the Church and the Empire. She led a grand and solemn procession of icons being brought back into the Cathedral on the first Sunday of Lent in that year. Thus, every year since, the Church marks the first Sunday of Lent as the celebration of the restoration of icons and the triumph of orthodoxy—the True Faith.

A little boy was waiting with his mother to come out of the grocery store. As he waited, he was approached by a man who asked him, "Son, can you tell me where the post office is?" The little boy replied, "Sure, just go straight down the street a couple of blocks and turn to your right." The man thanked the boy kindly and said, "I'm the new pastor in town, and I'd like for you to come to church on Sunday. I'll show you how to get to Heaven." The little boy replied with a chuckle, "Awww, come on; you don't even know the way to the post office!"

Something to consider in order to keep to the spirit of Great Lent, from Pope Francis:

(Thank you to Fr. Anton at St. John the Theologian in St. Catherines for sharing this)

### Look at the Beauty

1. Say hello (always and everywhere).
2. Thank you (even if you're not obliged).
3. Reminding others that you love them.
4. To greet with joy those, you see every day
5. Listen to another's story without prejudice, with love.
6. Stopping to help. Pay attention to those who need you.
7. To support someone who is grieving.
8. Celebrate the successes of others.
9. Take what you don't use and give to the needy.
10. Lending help when needed to give rest to another.
11. Correct with love, not silence out of fear.
12. Be attentive and kind to those around you.
13. Clean up after yourself at home.
14. Helping others overcome difficulties.
15. Call your parents if you are lucky enough to still have them.

### Special Spiritual Fasting

Fast from abusive words and fill your mouth with good words.

Fast from discontent and be filled with gratitude.

Fast from anger and be filled with gentleness and patience.

Fast from pessimism and be filled with hope and optimism.

Fast from anxiety and be filled with trust in God.

Fast from complaints and be filled with the simple pleasures of life.

Fast from tension and be filled with prayer.

Fast from sadness and bitterness and fill the heart with joy.

Fast from selfishness and fill yourself with compassion for others.

Fast from non-reconciliation and be filled with openness to reconciliation.

Fast from unnecessary words and be filled with silence and listening to others.

If we all try this fasting, then our daily lives will be filled with peace.

We pray that faith may be deepened in this period of **Lent**, and all may walk in the light of the Lord. Lord in your mercy – hear our **prayer**. We **pray** for the Church, of which we are members, and thank you for the light it provides for our journeys ahead.