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***We are each of us angels with only one wing...
And we can fly embracing each other...***

Luciano DeCrenzenzo

March 23, 2025 – Third Sunday of the Great Fast: Veneration of the Holy Cross; Octoechos Tone 3; The Holy Venerable-Martyr Nikon and his two hundred disciples martyred with him.

Intentions this Sunday

Saturday at 4:15pm: Parishioners; Sunday at 10am: Parishioners.

Troparia and Kontakia

Troparion, Tone 3: Let the heavens be glad, let the earth rejoice,* for the Lord has done a mighty deed with His arm.* He trampled death by death. He became the first-born of the dead;* He saved us from the abyss of Hades* and granted great mercy to the world.

Troparion, Tone 1: Save Your people, O Lord, and bless Your inheritance.* Grant victory to Your faithful people against enemies,* and protect Your community by Your cross

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

Kontakion, Tone 7: No longer does the flaming sword guard the gate of Eden;* the tree of the Cross has quenched its flames gloriously.* The sting of death and the victory of Hades are banished,* and You O my Saviour came and called to those in Hades: "Return again to Paradise!"

Instead of Holy God, we sing:

To Your Cross, O Master,* we bow in veneration,* and we glorify Your holy Resurrection!

Prokeimenon, Tone 6

Save Your people, O Lord, and bless Your inheritance.

Repeat: Save Your people, O Lord, and bless Your inheritance.

verse: Unto You I will cry, O Lord my God, lest You turn from me in silence.

Repeat: Save Your people, O Lord, and bless Your inheritance.

Epistle

Hebrews 4:14-5:6

Alleluia, Tone 8

verse: Remember Your congregation which You acquired from the beginning.

verse: But God is our king before the ages; He has wrought salvation in the midst of the earth.

Gospel

Mark 8:34-9:1

Communion Hymn

Let the light of Your countenance, O Lord* shine upon us.* Alleluia, alleluia,* alleluia.

After the Dismissal

To Your Cross, O Master,* we bow in veneration,* and we glorify Your holy Resurrection! (3)

Liturgical Schedule

Monday, March 24 Forefeast of the Annunciation of the Mother of God.	Isaiah 14:24-32 Genesis 8:21-9:7 Proverbs 11:19-12:6	5pm	Great Vespers	<i>Abstention from meat and foods that contain meat.</i>
Tuesday, March 25 The Annunciation of Our Most Holy Lady, the Mother of God and Ever-Virgin Mary	Hebrews 2:11-18 Luke 1:24-38	10am	Divine Liturgy	
Wednesday March 26 ⊗ Synaxis of the Holy Archangel Gabriel..	Isaiah 26:21-27:9 Genesis 9:18-10:1 Proverbs 12:23-13:9			<i>Abstention from meat and foods that contain meat.</i>
Thursday, March 27 Our Holy Mother Matrona of Thessalonica.	Isaiah 28:14-22 Genesis 10:32-11:9 Proverbs 13:19-14:6			
Friday, March 28 Our Venerable Father Hilarion the New; The Holy Stephen the Wonderworker.	Isaiah 29:13-23 Genesis 12:1-7 Proverbs 14:15-26	6pm	Stations of the Cross and Panakhyda for All Souls	<i>Abstention from meat and foods that contain meat.</i>
Saturday, March 29 All Souls Saturday.	Hebrews 10:32-38 Mark 2:14-17	4:15pm 5:30pm	Divine Liturgy (for Sunday) Great Vespers	Intention: Parishioners
Sunday, March 30 Fourth Sunday of Great Lent: St. John Climacus.	Hebrews 4:14-5:6 Mark 8:34-9:1	10am	Divine Liturgy followed by AGM	Intention: +John and +Alice Proschuk

Other Events this Week

Monday, March 24 – Senior Exercise Class from 11-11:30am

Wednesday, March 26 – Senior Exercise Class from 11-11:30am

Thursday, March 27 – Perogy and cabbage roll making, from 7am-noon. Lunch is provided.

Sunday, March 30 – Parish AGM (starting at noon).

ANNOUNCEMENTS

1. We welcome our guests and visitors. Thank you for worshipping with us! A special welcome to Subdeacon Brian Butcher visiting from Ottawa, who is giving our parish Lenten mission this year.
2. On the Sundays of Lent, the Church appoints 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 are available with the English text.
3. **HOLY DAY THIS WEEK:** The Annunciation of the Mother of God on Tuesday. The Church asks us to treat this day as we would a Sunday—attend Church, avoid unnecessary labour. Feast day services: Great Vespers on Monday evening at 5pm and Divine Liturgy on Tuesday at 10am. This feast day is the only time that the Divine Liturgy is celebrated on a weekday during Lent.
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. **“Walking into Spring” Takeout Fundraiser:** April 4, 2025, pickup from 4-6:30pm. Menu: 3 cabbage rolls, 6 perogies, ½ lb homemade sausage patty, buttered baby carrots, coleslaw, mustard, sour cream. Price: \$20. Tickets available now!

6. 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!!!
7. Next Fundscrip order will be placed this weekend. Please submit your order form and payment to the office.
8. Thank you to everyone who volunteered at the brunch last weekend!

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 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, Roger McMillan.

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 16th Offering: \$1,105.00
In Memory of Marlene Harrington: \$50.00

Building Fund: \$230.00

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)

In a box of second-hand novels, I found a personal diary with drawings of pirates and footballers on the cover. It was tatty, as it was entitled to be. It was dated 1937.

The day-to-day thoughts of a boy living in the run-up to World War 11, and living a lifestyle long gone, would surely have been fascinating to read, but I wasn't inclined to pry.

I already knew as much about the young fellow as I needed to know.

Inside the cover he had written in a neat hand, "Let me make this day worthwhile for someone else."

I didn't need to read his diary to know he lived a good life. In that simple thought he was already halfway there.

From: The Friendship Book 2024 - Entry for Thursday, November 28th

Recently a teacher, a garbage collector and a lawyer wound up together at the Pearly Gates. St. Peter informed them that in order to get into heaven, they would have to answer one question.

St. Peter addressed the teacher and asked, "What was the name of the ship that crashed into the iceberg? They just made a movie about it." The teacher answered quickly, "That would be the Titanic." St. Peter let her through the gate.

St. Peter turned to the garbage man and, figuring heaven didn't REALLY need all the odours this guy would bring with him, decided to make the question a little harder: "How many people died on the ship?" But the trash man had just seen the movie, too, and answered, "about 1,500."

"That's right! You may enter!" said Peter.

