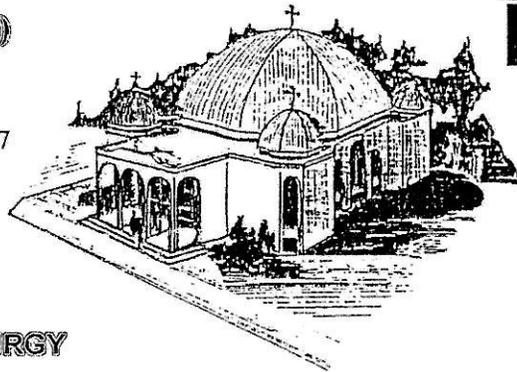


ST. MARY'S CATHOLIC CHURCH

(Byzantine-Ukrainian Rite)

293 St. George's Avenue East
Sault Ste. Marie, Ontario
P6B 6E8 Phone: (705) 942-1377
Established in 1917



DIVINE LITURGY

Saturday: 4:15 pm. - all in English
Sunday: 9:30 am. - all in Ukrainian
11:00 am. - all in English

BAPTISM: by prior arrangement

MARRIAGE: Please call the parish office
3 months notice is required.

RECONCILIATION:

Saturday: 3:15 - 3:45 pm.
Before & after weekday Liturgy
Anytime by appointment

SACRAMENT OF THE SICK

HOME VISITATION:

Please call the parish office to make
arrangements.

WELCOME to our parish...Enter expectantly...

Breathe prayerfully...

Worship reverently...

Relax restfully...

Greet others in love...

Leave touched by God, & come again soon!

PASTOR: Fr. Jaroslaw Lazoryk
RECTORY: 91 Grand Blvd.
Sault Ste. Marie, ON P6B 4S1
Phone: (705) 256-1025

OFFICE MANAGER:
Ms.CharlotteConrad
Monday: CLOSED
Tues. - Fri.10 am. - 4 pm.
Closed on all holidays

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

Sunday, July 18th, 2021

8th SUNDAY AFTER PENTECOST

Tone: 7

EPISTLE: Romans 1:10-18

LAY READERS

4:15 pm.

9:30 am.

GOSPEL: St. Matthew 14:14-22

11:00 am.

DIVINE SERVICES: (July 19- July 25)

MONDAY: 12:00 Noon Rosary
12:20 p.m. God's Blessing and Health for Anita

TUESDAY: 10:00 a.m. Divine Liturgy

WEDNESDAY: 10:00 a.m. Divine Liturgy

THURSDAY: NO SERVICES

FRIDAY: 10:00 a.m. No Services

SATURDAY: 4:15 p.m. Divine Liturgy – For Parishioners (Eng.)

SUNDAY: 9:30 a.m. +Anna Kinach Req. Orest & Marianne Kinach
11:00 a.m. +John & Valeria Dzus, Albert Caputo Req. Frank & Donna Caputo

ANNOUNCEMENTS:

1. Ladies and Men of the parish are asked to help make perogies and cabbage rolls on Thursday July 22nd, 2021 at 7:00 a.m. Preparation work (cabbage & potatoes) will be done just by the cook. There will be social distancing tables.

2. Just a reminder about our FOOD DRIVE. Donations placed in our blue basket in the vestibule are delivered to the Salvation Army Food Bank regularly. **Jesus said: "Whatsoever you do to the least of my brothers or sisters that you do unto me.**

3. Parish e-mail address: soostmaryukr@bellnet.ca www.stmarysukrsm.ca

4. AT LAST – Fr. Jaroslaw will be going to visit his family in Poland, from July 27 to September 3, 2019. During this time Fr. Andrew Kormanik, will be celebrating Divine Liturgies with us.

my daily prayer attempts, Proverbs 22:6 impressed itself on me: “Train the young in the way they should go; even when old, they will not swerve from it.” My instinctive question then became, What am I teaching my young children about how to live?

Hidden Benefits. Insight came as I investigated what the Bible says about Jesus’ times of prayer. By his very example of always turning to the Father with confidence that he is listening, Jesus taught the importance of prayer. He also used his disciples’ questions about prayer as a teaching opportunity to show them how to seek the Father for themselves. For me, one of Jesus’ most precious lessons is that there is never a bad time to pray. Jesus prayed alone, but he also addressed his Father in the midst of crowds. Even in the worst of conditions, he prayed: “Father, forgive them, they know not what they do” (Luke 23:34). Reflecting on all of this, it struck me that God may be working in hidden ways through my often-frustrated attempts to be alone with him. Perhaps, in his infinite wisdom, he is giving me something even better than the quiet prayer times I long for. Perhaps he is already at work to answer another of my fervent prayers: that my children will also develop the habit of personal prayer as they get older. They know about the importance of praying with others at church. But have they also been impressed with the importance of a daily conversation with God? All I can say is that my sons have seen me making prayer a priority during these busy “mom” years of my life. Right there in the daily commotion, they can see that God invites us to talk, pray, and listen to him in any circumstance, in any environment, at any time.

Pray Always. Seeing that quiet prayer is not the ultimate goal, I look for other ways to supplement my time with God. I can’t take the advice of getting up earlier or going to bed later that so many sources recommend. I’m sleep-deprived even with extracurricular activities cut to a bare minimum. Instead, I’ve learned to pray as I go about my daily activities. I use helps such as note calendars with daily Bible quotes and meditations—reminders that are easily posted in the kitchen. The Rosary on tape or a Christian radio program can be helpful during a commute to and from work or activities. A brief escape on the computer through a daily meditation delivered by email can encourage spiritual thought. So do meditation books strategically placed around the house. And, of course, even if my attention is somewhat divided, I persist in my daily sit-down time with my books and my Lord. So I will no longer be dismayed over my inability to spend hours in quiet prayer. Regardless of how busy I am, how riotous my household is, or how exactly I go about it, my first aim is to rejoice always, pray without ceasing, and in all circumstances, give thanks (see 1 Thessalonians 5:16-18). This is what I hope my children are learning from seeing their mother at her daily prayer—be it ever so imperfect.

Vicky Galczynski lives in Jarrettsville, Maryland.

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TEN COMMANDMENTS OF SPIRITUAL EQUILIBRIUM

1. Always think positive. A person is an image of their thoughts.
2. Know how to say thank you. A grateful heart does not need anything.
3. Do not think too highly of yourself. Arrogance distorts the perception of reality.
4. Do not be afraid of hardships on your path in life. Fear paralyzes fate and suppresses the spirit.
5. Take advantage of your own failures. Even negative experiences can enrich your life.
6. Having reached your goal, do not stop. There are no limits to perfection in life.
7. Enjoy life! Prolong your own life and the lives of those around you.
8. Control your wealth and share it. Do not allow your wealth to control you.
9. Care for the happiness of others. And find happiness yourself.

10. Entrust your life to God. And your life will be filled with deep meaning and perfect harmony.