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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

March 2, 2025 – Sunday of Forgiveness; Octoechos Tone 8; The Holy Hieromartyr Theodotus, Bishop of Cyrenia.

Intentions this Sunday

Saturday at 4:15pm: Health of Pope Francis; Sunday at 9:30am: Parishioners; Sunday at 11am: Parishioners.

Troparia and Kontakia

Troparion, Tone 8: You came down from on 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.

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

Kontakion, Tone 6: O Master, Guide to Wisdom*, Bestower of prudent counsel,* Instructor of the foolish and Defender of the poor ones;* make firm my heart and give it understanding.* Give me a word, O Word of the Father:* Behold, I shall not stop my lips from crying out to You:* In Your mercy, have mercy on me who am fallen.

Prokeimenon, Tone 8

Pray and give praise to the Lord our God.

Repeat: Pray and give praise to the Lord our God.

verse: In Judea God is known; His name is great in Israel.

Repeat: Pray and give praise to the Lord our God.

Epistle

Romans 13:11-14:4

Alleluia, Tone 8

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.

Gospel

Matthew 6:14-21

Communion Hymn

Praise the Lord from the heavens;* praise Him in the highest.* Alleluia, alleluia,* alleluia.

Liturgical Schedule

Sunday, March 2 at 4pm: Forgiveness Vespers (Beginning of Great Lent)

Monday, March 3 The Holy Martyrs Eutropius, Cleonicus, and Basiliscus.	Isaiah 1:1-20 Genesis 1:1-13 Proverbs 1:1-20			<i>First day of Great Lent. Abstain from all meat, dairy, and eggs and foods containing them.</i>
Tuesday, March 4 Our Venerable Father Gerasimus of the Jordan.	Isaiah 1:19-2:3 Genesis 1:14-23 Proverbs 1:20-33			<i>Abstention from meat and foods that contain meat.</i>
Wednesday March 5 The Holy Martyr Conon.	Isaiah 2:3-11 Genesis 1:24-2:3 Proverbs 2:1-22	5pm	Liturgy of the Presanctified Gifts	<i>Abstention from meat and foods that contain meat.</i>
Thursday, March 6 The Holy Forty-Two Martyrs of Ammorium.	Isaiah 2:11-21 Genesis 2v:4-19 Proverbs 3:1-19			<i>Abstention from meat and foods that contain meat.</i>
Friday, March 7 The Holy Hieromartyrs and Bishops of Cherson.	Isaiah 3:1-14 Genesis 2:20-3:20 Proverbs 3:19-34	6pm	Stations of the Cross	<i>Abstention from meat and foods that contain meat.</i>
Saturday, March 8 First Saturday of the Great Fast: Great Martyr Theodore the Recruit.	Hebrews 1:1-12 Mark 2:23-3:5	4:15pm	Divine Liturgy (for Sunday)	Intention: Parishioners
		5:30pm	Great Vespers	
Sunday, March 9 First Sunday of the Great Fast: Sunday of Orthodoxy.	Hebrews 11:24-26,32-40; 12:1-2 John 1:43-51	9:30am 11am	Divine Liturgy (Ukrainian) Divine Liturgy (Engsh)	Intention: Parishioners Intention: Parishioners

Other Events this Week

Monday, March 3 – Senior Exercise Class from 11-11:30am

Wednesday, March 5 – Senior Exercise Class from 11-11:30am

Thursday, March 6 – Perogy and cabbage roll making, from 7am-noon. Lunch is provided.

Sunday, March 9 – Coffee and fellowship after the 9:30 and 11am Divine Liturgies

ANNOUNCEMENTS

1. We welcome our guests and visitors. Thank you for worshiping with us!
 2. GREAT LENT BEGINS TONIGHT (Sunday) with Forgiveness Vespers at 4pm. It begins like any other Vespers on a Sunday evening until there is a dramatic change from bright to dark, from festal to penitential. This moment marks the beginning of the time of fasting. At the end of the service, all exchange forgiveness
 3. Due to changes in Fr. Michael's schedule, the Wednesday rosary and Liturgy is suspended. During Lent, the Liturgy of the Presanctified Gifts will be offered on Wednesdays at 5pm.
 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. Next Sunday, March 9, daylight savings time begins.
 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!
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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.

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 February 23: Offering: \$780 Building Fund: \$435 Kitchen Improvement: \$1000
In memory of Vince Volpe: \$30 In memory of Ann Conrad: \$150 **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)

Great Lent: A Time for Renewal and Healing

This week we begin Lent, the annual season of repentance. We all know that this time includes increased prayer, fasting, and almsgiving. But what is the point of all this? Why do we undertake these and other special efforts during this time?

If there is one word to capture the point of Lent, it is this: repentance.

Repentance refers to the turning away from sin and turning back to God. We all have sinned. We all have missed the mark. When we repent, we make the conscious choice to strive for God and holiness. An integral part of repentance is Holy Confession, the sacrament wherein we confess our sins and express our repentance. In this sacrament, we are granted forgiveness of sins and strengthened by grace for our struggle for virtue.

Authentic repentance—a concrete turning from sin—is necessary for us. Sin is destructive. Sin damages or destroys our relationship with the Lord. Sin leads to eternal death. We need to turn away from this and turn to life.

So this Lent, renew your prayer life, go to confession, experience God's mercy and turn to the Him in everything that you do.

Sunday (Lenten) Funny:

A man walks into a church, outside of mass hours and finds the priest.

He pulls out a gun and says, "Give me everything you have."

The priest panics and desperately searches his pockets.

He doesn't have any money on him, but he finds several pieces of wrapped candy, which he holds out and says, "I'm sorry. This is all I have!"

The robber replies, "But Father, I gave up candy for Lent!"