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

Luciano DeCrenzenzo

March 30, 2025 – Fourth Sunday of the Great Fast: St. John Climacus; Octoechos Tone 4; Our Venerable Father John Climacus, Author of “The Ladder of Divine Ascent.”

Intentions this Sunday

Saturday at 4:15pm: Parishioners; Sunday at 10am: +John and +Alice Proschuk

Troparia and Kontakia

[At 10am: Тропар, г. 4: Світлюю воскресіння проповідь від ангела взнавши* і прадідне осудження відкинувши,* Господні учениці, хвалячись, апостолам мовили:* Повалилася смерть, воскрес Христос Бог,* даруючи світові велику милість.]

Troparion, Tone 4: When the disciples of the Lord learned from the angel* the glorious news of the resurrection* and cast off the ancestral condemnation,* they proudly told the apostles:* “Death has been plundered!* Christ our God is risen,* granting to the world great mercy.”

Troparion, Tone 1: O John, our God-bearing father,* you were shown to be a citizen of the desert,* an angel in bodily form,* and a worker of miracles.* Through fasting, prayers and vigils you received heavenly gifts* to heal the sick and the souls of those who, in faith, run to you.* Glory to Him who gives you strength.* Glory to Him who crowned you.* Glory to Him who works healing for all through you.

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

Kontakion, Tone 4: On the heights of true abstinence,* the Lord established you as a reliable star,* giving light for guidance to the ends of the earth,* O father John, our teacher.

Prokeimenon, Tone 4

How great are Your works, O Lord* You have made all things in wisdom.

Repeat: How great are Your works, O Lord* You have made all things in wisdom.

verse: Bless the Lord, O my soul: O Lord my God, You are exceedingly great.

Repeat: How great are Your works, O Lord* You have made all things in wisdom.

Epistle

Hebrews 6:13-20

Alleluia, Tone 4

verse: Poise yourself and advance in triumph and reign in the cause of truth, and meekness, and justice

verse: You have loved justice and hated iniquity.

Gospel

Mark 9:17-31

Communion Hymn

Praise the Lord from the heavens;* praise Him in the highest.* The just man shall be in everlasting remembrance;* of evil hearsay he shall have no fear.* Alleluia, alleluia,* alleluia.

Хваліте Господа з небес,* хваліте Його во вишніх. В пам'яті вічній буде праведник,* поголосів злих не убоїться. Аلیلія, аلیلія, аلیلія.

Liturgical Schedule

Monday, March 31 Our Venerable Father Hypatius, Bishop of Gangra.	Isaiah 37:33-38:6 Genesis 13:12-18 Proverbs 14:27-15:4			<i>Abstention from meat and foods that contain meat.</i>
Tuesday, April 1 Our Venerable Mother Mary of Egypt.	Isaiah 40:18-31 Genesis 15:1-15 Proverbs 15:7-19			
Wednesday April 2 Our Venerable Father Titus the Wonderworker.	Isaiah 41:4-14 Genesis 17:1-9 Proverbs 15:20-16:9	5pm	Liturgy of the Presanctified Gifts	<i>Abstention from meat and foods that contain meat.</i>
Thursday, April 3 Our Venerable Father and Confessor Nicetas, Hegumen of the Monastery of Medicius.	Isaiah 42:5-16 Genesis 18:20-33 Proverbs 16:17-17:17			
Friday, April 4 Our Venerable Fathers Joseph the Hymnographer and George of Maleum.	Hebrews 9:24-28 Genesis 22:1-18 Proverbs 17:17-18:5			<i>Abstention from meat and foods that contain meat.</i>
Saturday, April 5 Akathist Saturday; The Holy Martyrs Theodulus and Agathopedes and those with them.	Hebrews 10:32-38 Mark 8:27-31	4:15pm 5:30pm	Divine Liturgy (for Sunday) Great Vespers	Intention: Parishioners
Sunday, April 6 Fifth Sunday of the Great Fast: Our Venerable Mother, Mary of Egypt.	Hebrews 9:11-14 Mark 10:32-45	10am	Divine Liturgy followed by AGM	Intention: Parishioners

Other Events this Week

Monday, March 31 – Senior Exercise Class from 11-11:30am

Wednesday, April 2 – Senior Exercise Class from 11-11:30am

Thursday, April 3 – Perogy and cabbage roll making, from 7am-noon. Lunch is provided.

Friday, April 4 – ‘Walking into Spring’ takeout fundraiser.

Sunday, April 6 – Parish Annual General Meeting at Noon

ANNOUNCEMENTS

1. We welcome our guests and visitors. Thank you for worshipping with us!
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. PARISH ANNUAL GENERAL MEETING POSTPONED TO NEXT SUNDAY DUE TO THE EXPECTED ICE STORM.
4. **“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!
5. 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!!!
6. ALL-DAY CONFESSIONS: This Thursday, April 3rd from 9:30am-6pm at Precious Blood Cathedral (778 Queen St E). A wonderful opportunity to clear your heart and

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 Szymichalski, 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 30th Offering: \$685.00

In Memory of Vince Volpe: \$90.00

In Memory of Stella Sasso: \$155.00

Building Fund: \$240.00

In Memory of Julie Sylvester: \$40.00

Lenten Mission Retreat: \$525.00

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)

I Gave It Up For Lent by Tony Agnesi (posted on March, 10, 2019)

"Fasting makes sense if it really chips away at our security and, as a consequence, benefits someone else, if it helps us cultivate the style of the Good Samaritan, who bent down to his brother in need and took care of him." – Pope Francis

Every year my wife, Diane and I spend the good part of the month of March in Naples, Florida. Naples is a wonderful place, very upscale, with lots of retirees who have had successful careers. While attending a Lenten mass, the priest mentioned during the homily that he had received several calls in the past few days asking him about the rules for fasting.

"How old do you have to be to not be require to fast?" was the question.

"Well," said the priest, "it is 59 which includes 99 percent of you!"

He went on to give a great homily on what fasting should be about. At the end of the mass before the concluding hymn, he reminded all in attendance that we abstain from meat on Ash Wednesday. He said, "If you are at the Turtle Club tonight, don't order the 16 oz. steak!"

That night, we just happened to have reservations at that very restaurant and as we sat waiting for our waiter to finish taking an order at a nearby table, we couldn't help but overhear the conversation.

"I'll have the New York Strip," said the elderly gentleman.

"No honey!" his wife exclaimed. "Father said don't have steak tonight."

"Ok then," he replied, as he looked at the waiter. "I'll have the lobster instead."

Apparently, the priest's message lost something of its meaning in the hours that followed mass.

"Lent comes providentially to reawaken us, to shake us from our lethargy." -Pope Francis

It reminded me of myself as a kid. I'd give up candy for Lent only to gorge myself on chocolate Easter bunnies, Peeps, and marshmallow Easter eggs from my overstuffed basket on Easter morning.

Or the time I gave up broccoli and asparagus (I dislike them both) or watermelon, which I love but is out of season during Lent, so no problem!

It's hard to admit, but I seemed to have missed a similar homily years ago.

That is the problem I have with rule-book Catholicism. We are so fixated on following the rules we miss the reason for the tradition. It has nothing to do with our age or finding the right loophole, it's about trying to have our best Lent ever.

It's about taking the three pillars of Lent: prayer, fasting and almsgiving, and making them more meaningful in your life.

It's about giving up your smart phone in the evening to spend more quality time with your family.

It's about giving up Facebook and taking that time and read an uplifting book, commit to a daily devotional, saying a rosary, or praying the Stations of the Cross.

It's about giving up complaining, gossiping or meaningless texting and instead, volunteer at the food pantry.

It's about giving up that double mocha latte and donating the money saved to a charity.

Most people give up the same thing every year, and truth be told, if you fit into that category, then you need to do something different if you're going to have a meaningful Lenten season.

Try doing something you haven't done before, something different, something out of character for you. It will have so much more meaning.

Giving up chocolate, soda pop, or fast foods may meet the minimum requirements; but we should ask the question that Pope Francis suggested in his Ash Wednesday homily last year, "*does my fasting benefit someone else.*" Then, our Lenten fast won't be all about us, but about being like the Good Samaritan.

Lent begins this Wednesday, let's take some time these next few days and think about how our spiritual life can grow as we prepare to have our best Easter ever.

As Blessed Mother Teresa said, "*As Lent is the time for greater love, listen to Jesus' thirst... 'Repent and believe' Jesus tells us. 'What are we to repent? Our indifference, our hardness of heart. What are we to believe? Jesus thirsts even now, in your heart and in the poor – He knows your weakness. He wants only your love, wants only the chance to love you.'*"

For a little humour:

Chocolate is vital for our survival. Dinosaurs didn't have chocolate and look what happened to them...

You come from dust, and you will return to dust. That's why I don't dust. It could be someone I know.

Have a wonderful week!!!!

