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Thursday and Friday 10am-2pm**

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

Luciano DeCrenzenzo

February 15, 2026 Sunday of Cheesefare; Octoechos Tone 3; The Holy Apostle Onesimus.

Intentions this Sunday

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

First Antiphon

Shout to the Lord, all the earth,* sing now to His name, give glory to His praise.* *Through the prayers of the Mother of God,* O Saviour, save us.*

Say unto God, "How awesome are Your works!* Because of the greatness of Your strength Your enemies will flatter You".* *Through the prayers of the Mother of God,* O Saviour, save us.*

Let all the earth worship You and sing to You,* let it sing to Your name, O Most High!* *Through the prayers of the Mother of God,* O Saviour, save us.*

Glory. Now. Only-begotten Son.

Third Antiphon

Come, let us sing joyfully to the Lord,* let us acclaim God, our Saviour. *Son of God, risen from the dead,* save us who sing to You: Alleluia.*

Let us come before His face with praise,* and acclaim Him in psalms.* *Son of God, risen from the dead,* save us who sing to You: Alleluia.*

For God is the great Lord,* and the great king over all the earth.* *Son of God, risen from the dead,* save us who sing to You: Alleluia.*

Entrance

Come, let us worship* and fall down before Christ.* *Son of God, risen from the dead,* save us who sing to You: Alleluia.*

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.

Перший антифон

Воскликніте Господеві, вся зємле,* співайте ж імені Його, віддайте славу в хвалі Йому! *Молитвами Богородиці,* Спасе, спаси нас.*

Скажіте Бóгові: як страшні діла Твої!* У мно́жестві сили Твоїї лєстїтимуть Тобі ворогї Твої. *Молитвами Богородиці,* Спасе, спаси нас.*

Вся зємля нехай поклóниться Тобі і співає Тобі,* нехай же співає імені Твоєму, Всевішній!* *Молитвами Богородиці,* Спасе, спаси нас.*

Слава. І нині. Єдинорóдний Сїну.

Третій антифон

Прийдїте, возрадуємся Господеві, воскликнім Богу, Спасїтелеві нашому. *Спасї нас, Сїну Бóжий,* що воскрес із мєртвих, співаємо Тобі: Аلیلїя.*

Ідїм перєд лицєм Його з ісповїданням, і псалма́ми воскликнім Йому. *Спасї нас, Сїну Бóжий,* що воскрес із мєртвих, співаємо Тобі: Аلیلїя.*

Бо Бог – великий Госпóдь і цар великий по всїй зємлі. *Спасї нас, Сїну Бóжий,* що воскрес із мєртвих, співаємо Тобі: Аلیلїя.*

Вхїдне

Прийдїте поклонїмся* і припадїм до Христá.* *Спасї нас, Сїну Бóжий,* що воскрес із мєртвих, співаємо Тобі: Аلیلїя.*

Тропарі й кондаки

Тропар воскресний (г. 3): Хай веселяться небєсні, хай радуються зємні,* бо явїв могутність рукї Своєї Госпóдь,* подолáв смєртю смєрть, пєрвенцем мєртвих став,* з безóдні áду визволив нас* і подáв свїтові велику мїлїсть.

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 6

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.

Слава Отцю, і Сїну, і Святому Духові. І нїні, і повсякчас, і на віки віків. Амінь.

Кондак трїодї (г.6): Премудрости наставнику, розуму подателю,* немудрих учителю і нищих захиснику,* утвердї, врозумї серце моє, Владїко.* Ти дай мені слово, Отче Слово,* бо оцє устам моїм не забороню, щоб звали Тобї:* Милостївий, помїлуй менє, падшого.

Прокімен

(г. 8): Помолїться і воздайте Господєві, Бóгу нашому.

Всі: Помолїться і воздайте Господєві, Бóгу нашому.

Стих: Відомий у Юдєї Бог, в Ізраїлі велике Ім'я Його.

Всі: Помолїться і воздайте Господєві, Бóгу нашому.

Апостол Рим. 13, 11 – 14, 4.

Алилуя (г. 8)

Стих: Благо є ісповїдувати Гóспода і співати Імені Твоєму, Всевїшній.

Стих: Звіщати вдóсвіта мїлість Твою і їстину Твою на всяку ніч.

Євангелїє Мт. 17, 14-21.

Причасний

Хвалїте Гóспода з небєс,* хвалїте Його во вишніх.* Алилуя, алилуя,* алилуя.

Hymn for Forgiveness Sunday

1. Lord and Creator, from clay You formed me,
Gave me a soul through life-giving breath;
Over creation made me a ruler
But Satan tempted, lured me to death.

3. In disobedience, Adam was banished;
Paradise closed! He sat there and cried.
Give us Your grace, this season to welcome;
Fasting and pray'r will humble our pride.

2. Stripped of my heav'nly garment through sinning,
Clothed now with leaves and garments of skin,
I eat my bread through working and sweating
Your voice is deafened through evil's din.

4. As we begin this season of fasting;
Thus sanctifying body and soul,
Fleeing from passions, virtues e'er seeking,
We set Christ's Pascha as final goal!

Liturgical Schedule

Monday, Feb 16 The Holy Martyrs Pamphilus the Priest and Porphyrius and those with them.	Isaiah 1:1-20 Genesis 1:1-13 Proverbs 1:1-20	10am	Rosary with Knights of Columbus and Lenten Midday Prayer	<i>Abstention from meat, dairy, and eggs, and foods that contain these ingredients.</i>
Tuesday, Feb 17 ☩ The Holy Great- Martyr Theodore the Recruit.	Isaiah 1:19-2:3 Genesis 1:14-23 Proverbs 1:20-33			<i>Abstention from meat and foods that contain meat.</i>
Wednesday Feb 18 Our Holy Father Leo, Pope of Rome.	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, Feb 19 The Holy Apostle Archippus.	Isaiah 2:11-21 Genesis 2:4-19 Proverbs 3:1-19			<i>Abstention from meat and foods that contain meat.</i>
Friday, Feb 20 Our Venerable Father Leo, Bishop of Catania.	Isaiah 3:1-14 Genesis 2:20-3:20 Proverbs 3:19-34	5pm	Liturgy of the Presanctified Gifts	<i>Abstention from meat and foods that contain meat.</i>
Saturday, Feb 21 First Saturday of the Great Fast	Hebrews 1:1-12 Mark 2:23-3:5	4:15pm 5:30pm	Divine Liturgy (English) Great Vespers	Intention: Parishioners
Sunday, Feb 22 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 (English)	Intention: Parishioners Intention: Parishioners

Other Events This Week

Monday, February 16 at 11am: Senior Exercise Class

Wednesday, February 18 at 11am: Senior Exercise Class

Thursday, February 19 at 7am: Perogy and Cabbage roll making. Lunch provided.

Saturday, February 21 at 7pm: Narcotics Anonymous

ANNOUNCEMENTS

1. We welcome our guests and visitors. Thank you for worshiping with us! Please stay after Liturgy for coffee and fellowship!
 2. All-you-can-eat brunch TODAY from 10-12:30pm. Adults \$15; Children (6-12) \$6; Children (under 5) free.
 3. **LENT BEGINS TONIGHT with Forgiveness Vespers at 4:30.**
 4. NOTICE OF ANNUAL GENERAL MEETING: March 22, 2026. There will be one Liturgy that morning at 10am followed by a light lunch and then the meeting at 12pm.
 5. Please join the Knights of Columbus who will praying in our parish on the first day of Lent, February 16. Rosary at 10am followed by Lenten Midday Prayer. They will be with us next on Monday, March 16.
 6. BLESSING OF ICONS NEXT SUNDAY: Have an icon that hasn't been blessed, bring it to Church next weekend!
 7. Especially during 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!!!
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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, Betty Pauliuk, Doris Lebel, Jo-Anne Stone, Denise Jacques, Phil Marinelli, Theresa Barsanti, Patty-Ann Bellerive, Jim Parniak, Connie Sampson, 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 Barsanti, Peter Harlow, Larisa Pochmursky, Elizabeth Cepecawer, MaryAnn & Art Spadoni, Paul Taillefer, Erin, Dave Kowalyk, Mary Romanchuk, McGill Perry, Tammy Zalewski, Fernando Mannarino, Dave Redfern, Ora, Irene O, Paul M, June, Bob, Dustin Wenmany, Tracey Burmaster, Mel Stanghetta, Norna Martynuck, Sylvie B, Bill McConnell, Anastasiia Pavliuk, Wanda Featherston, Roger McMillan, Clark Hutton, Gerry, Moira O'Pallie, Chris Applejohn, Barb and Gerry, Olena Hankivsky, David Bell, Gary Driver, Rod Stone.

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 – February 8, 2026

Collection: \$711; Building Fund: \$240

Towards a new printing calculator: \$100

THANK YOU!!

“On Call Priest”

A priest is available in the city for emergencies 24/7 at 705-256-6675.

Fundscrip Fundraiser Order next weekend:

FundScrip is a Canada-wide fundraising program that allows supporters to pay for their everyday shopping using gift cards. When supporters purchase these gift cards for groceries, gas, and other expenses, a percentage of the card's value (ranging from 1.5% to 10% depending on the retailer) is donated to the chosen cause or organization.

Order forms are available at the church entrance. Return them with payment (cash or cheque) by Sunday, February 22. The gift cards will be available February 28.

A Reflection on Forgiveness, by Chris Shadid

On Sunday mornings my wife Sophia and I turn to each other as we approach the chalice and I whisper, “Please forgive me.” She always replies, “Yes, and please forgive me.” I jokingly tell her, “I’ll think about it,” and then say, “Yes, of course I forgive you!” This simple practice has become a tradition for us, so much that we even text each other to ask forgiveness before Divine Liturgy when one of us is out of town. We started doing this before our marriage, and it continues to strengthen the foundation of our relationship and brings us closer together.

Asking another for forgiveness is different than simply apologizing. When we say “I’m sorry,” the typical response is, “It’s okay.” When we ask forgiveness, however, we humble ourselves and get deeper to the root of repentance, and the answer we hope to receive is, “I forgive you.” Therefore, while apologizing is an important step in repentance, taking it a step further and asking forgiveness is how we deepen our relationship with the other person and with God, and the way we find true healing.

We are made in the image and likeness of God, which means we are made to be *like God*. As Trinity, God is three persons, meaning He Himself is in perfect relationship—with Himself. Since we are made to be *like God*, we are also called to have perfect relationships with each other and with God. We attain perfect relationships by loving each other. When we fail to act in love, we sin, and when we sin we have the opportunity to reconcile with God and each other through forgiveness. Ever since the first sin in the Garden of Eden, God has given us the opportunity to ask forgiveness and to rejoin ourselves with Him. It is up to us to take advantage of the opportunity every time we miss the mark to ask forgiveness of each other and God through the sacrament of confession.

I often think of relationships that are centered on God like a triangle. Imagine you are point A, the other person is point B, and God is point C. When A moves closer to B, it also moves closer to C. Similarly, when A moves closer to C, it also moves closer to B. The point is, the closer we move toward God, the closer we move toward each other; and the closer we move toward each other, the closer we move toward God. We do this by keeping God as the center of our relationships, which is only accomplished through love and forgiveness. The more we forgive, the more we are able to love and grow closer to each other.

We are all part of many different kinds of families: biological families, nuclear families, extended families, parish families, school families, sports team families, etc. All families are simply a bunch of imperfect people in relationships together, and when we have a bunch of imperfect people, we have a lot of sin, which gives us lots of opportunities for forgiveness! As Christians we should constantly be striving to perfect those relationships by loving one another and continuously asking for—and giving others—forgiveness. This can be challenging because we often offend or hurt those closest to us, as they also offend and hurt us. Thus, families provide us countless opportunities to practice forgiveness. When we truly forgive, we let go of negative feelings and attain the freedom to love. Through forgiveness we as individuals and as families can grow closer to Christ by living a life that is pleasing to Him.

Christ took on flesh and became a man to show us how to live. He practiced forgiveness throughout His earthly life, even as He hung dying on the Cross, saying, “Father, forgive them for they know not what they do” (Luke 23:34). What better example than this? Forgiveness is so important to us as Christians that we dedicate the Sunday before Lent to it, calling it “Forgiveness Sunday,” and we begin Lent with Forgiveness Vespers, which culminates with the Rite of Forgiveness. After Lent we celebrate our Lord’s Resurrection by singing, “It is the day of the Resurrection. Let us shine brightly for the festival, and also embrace one another. Brethren, let us say even to those who hate us, ‘Let us forgive everything for the Resurrection.’” The Church, in Her infinite wisdom, bookends our journey toward Pascha with forgiveness. If we want to grow closer together and we want to grow closer to Christ, we *must* forgive others and we *must* ask for forgiveness every chance we get.

Let us all practice forgiveness—both forgiving each other and asking forgiveness—when we sin. This is the only way to approach our Lord’s Resurrection, to approach the chalice, and to approach the Kingdom of Heaven. So next time we prepare to receive Communion, let us ask ourselves, “Have I asked forgiveness of God and of others? Have I gone to confession?” and “Have I forgiven others?” By forgiving each other regularly, Sophia and I are able to strengthen our relationship with Christ and thus grow closer together. As a result, our love for each other and for God grows every day. If we as Christians want to truly love each other and grow closer together, and if we want to enter the Kingdom of Heaven, we must continuously forgive as Christ forgave and take every opportunity to ask for forgiveness.

A blessed Lent and journey to Pascha for all!