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

Luciano DeCrenzenzo

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**February 22, 2026** First Sunday of the Great Fast: Sunday of Orthodoxy; Octoechos Tone 4; The Discovery of the Relics of the Holy Martyrs at Eugenius.

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*Intentions this Sunday*

Saturday at 4:15pm: Victims, Families and Community of Tumbler BCAs; Sunday at 9:30am: Parishioners; Sunday at 11am: Parishioners.

***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 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

***Перший антифон***

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

Скажіть Бóгові: як страшні діла Твої!\* У мно́жестві сили Твоїї леститимуть Тобі ворогі Твої. *Молитвами Богородиці,\* Спасе, спаси нас.*

Вся земля нехай поклóниться Тобі і співає Тобі,\* нехай же співає імені Твоєму, Всеви́шній!\* *Молитвами Богородиці,\* Спасе, спаси нас.*

Слава. І нині. Єдинорóдний Сїну.

***Третій антифон***

Прийдіте, возра́дуємся Господеві, воскликнім Богу, Спасителеві на́шому. *Спасі нас, Сїну Бóжий,\* що воскрес із мёртвих, співаємо Тобі: Аلیلїя.*

Ідім перéд лицём Його з ісповіданням, і псалма́ми воскликнім Йому́. *Спасі нас, Сїну Бóжий,\* що воскрес із мёртвих, співаємо Тобі: Аلیلїя.*

Бо Бог – великий Господь і цар великий по всій землі. *Спасі нас, Сїну Бóжий,\* що воскрес із мёртвих, співаємо Тобі: Аلیلїя.*

***Вхідне***

Прийдіте поклоні́мся\* і припаді́м до Христá.\* *Спасі нас, Сїну Бóжий,\* що воскрес із мёртвих, співаємо Тобі: Аلیلїя.*

***Тропарі й кондаки***

*Тропар воскресний (г. 4):* Світлюю воскресіння проповідь від ангела взна́вши\* і прадідне осудження відкинувши,\* Господні учени́ці, хвалячись, апóстолам мóвили:\* Повали́лася смерть, воскрес Христос Бог,\* даруючи світові

to the world great mercy.”

*Troparion, Tone 2:* We bow before Your most pure image, O kind Lord,\* and beg pardon for our sins, O Christ our God.\* Of Your own will You consented to ascend the Cross in the flesh to free Your handiwork from enslavement to the enemy.\* In thanksgiving we cry aloud to You:\* by coming to save the world, our Saviour, You filled all things with joy.

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

*Kontakion, Tone 8:* The uncircumscribed Word of the Father\* became circumscribed when He took flesh of you, O Mother of God,\* and when He restored the divine image to its ancient glory,\* He suffused it with the beauty of God.\* Therefore, confessing our salvation in deed and word,\* we portray it in images.

### **Prokeimenon**

*Tone 4:* Blessed are You, Lord God of our fathers,\* and praised and glorified is Your Name for ever.

*Repeat:* Blessed are You, Lord God of our fathers,\* and praised and glorified is Your Name for ever.

*verse:* For You are righteous in everything You have done to us.

*Repeat:* Blessed are You, Lord God of our fathers,\* and praised and glorified is Your Name for ever.

**Epistle** Hebrews 11:24-26,32-40; 12:1-2

### **Alleluia, Tone 4**

*verse:* Moses and Aaron are among His priests and Samuel among those who call upon His name.

*verse:* They called on the Lord, and He heard them.

**Gospel** John 1:43-51

### **Hymn to the Mother of God**

In you, O Full of Grace, all creation rejoices: the angelic ranks and all the human race. Sanctified temple and spiritual paradise, virgins' pride and boast, from whom God is made flesh and became a little Child; and He who is our God before all ages, He made your womb a throne, and He made it wider than all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.

### **Communion Hymn**

Praise the Lord from the heavens,\* praise Him in the highest.\* Rejoice in the Lord, O you just;\* praise befits the righteous.\* Alleluia, alleluia,\* alleluia.

велику милість.

*Тропар Трійди (г. 2):* Пречистому образу Твоєму поклоняємося, благий,\* просячи прощення прогрішень наших, Христе Божє,\* бо Ти добровільно зволив вийти плоть на хрест,\* щоб визволити тих, що їх Ти створив, від неволі ворожої\*. Тому вдячно клічемо до Тебе:\* Ти радістю наповнив усє, Спасє наш, що прийшов спасти світ.

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

*Кондак трійди (г. 8):* Неописанне Слово Отче\* із тебе, Богородице, воплощенням описалося\* і, осквернений образ у давнє зобразивши,\* з божественною добротю з'єднало,\* та, ісповідуючи спасіння, ділом і словом ми це являємо.

### **Прокімен**

*(г. 4):* Благословен єси, Господи, Божє Отців наших,\* і хвальне і прославлене ім'я Твоє на віки.

*Всі:* Благословен єси, Господи, Божє Отців наших,\* і хвальне і прославлене ім'я Твоє на віки.

*Стих:* Бо праведний єси в усьому, що створив ти нам.

*Всі:* Благословен єси, Господи, Божє Отців наших,\* і хвальне і прославлене ім'я Твоє на віки.

**Апостол** Євр. 11, 24-26; 32 – 12, 2.

### **Алилуя (г. 4)**

*Стих:* Мойсей і Арон між єреями Його і Самуїл між тими, що призивають ім'я Його.

*Стих:* Призвали Господа і Він вислухав їх.

**Євангеліє** Ів. 1, 43-51.

### **Замість Достойно співаємо:**

Тобою радується, Благодатная, все творіння, ангельський собор і людський рід, освячений храме і раю словесний, дівства похвалю, із якої Бог воплотився і младенцем став – перед віками сущий Бог наш. Лоно бо твоє престолом сотворив і утробу твою просторішою небес учинив. Тобою радується, Благодатная, все творіння, слава тобі.

### **Причасний**

Хваліте Господа з небес,\* хваліте Його во вишніх.\* Радуйтеся, праведні, у Господі, правим належить похвала.\* Алилуя, алилуя,\* алилуя.

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As Lent is the time for greater love, listen to Jesus' thirst. He knows your weakness. He wants only your love, wants only the chance to love you. ~ Mother Teresa

## Liturgical Schedule

<b>Monday, Feb 23</b> The Holy Hieromartyr Polycarp, Bishop of Smyrna.	Isaiah 4:2-5:6 Genesis 3:21-4:7 Proverbs 3:34-4:22			<i>Abstention from meat and foods that contain meat.</i>
<b>Tuesday, Feb 24</b> + The First and Second Finding of the Precious Head of the Holy, Glorious Prophet, Forerunner and Baptizer John.	Isaiah 5:7-16 Genesis 4:8-15 Proverbs 5:1-15 2 Corinthians 4:6-15 Matthew 11:2-15			
<b>Wednesday Feb 25</b> Our Holy Father Tarasius, Archbishop of Constantinople.	Isaiah 5:16-25 Genesis 4:16-26 Proverbs 5:15-6:3			<i>Abstention from meat and foods that contain meat.</i>
<b>Thursday, Feb 26</b> Our Holy Father Porphyrius, Bishop of Gaza; Blessed Edigna.	Isaiah 6:1-12 Genesis 5:1-24 Proverbs 6:3-20			
<b>Friday, Feb 27</b> Our Venerable Father and Confessor Procopius the Decapolitan.	Isaiah 7:1-14 Genesis 5:32-6:8 Proverbs 6:20-7:1	5pm	Liturgy of the Presanctified Gifts and Panakhyda for All Souls	<i>Abstention from meat and foods that contain meat.</i>
<b>Saturday, Feb 28</b> Our Venerable Father and Confessor Basil, ascetical companion of Procopius.	Hebrews 3:12-16 Mark 1:35-44	4:15pm 5:30pm	Divine Liturgy (English) Great Vespers	Intention: Parishioners
<b>Sunday, March 1</b> First Sunday of the Great Fast: Sunday of Orthodoxy	Hebrews 1:10-2:3 Mark 2:1-12	9:30am 11am	Divine Liturgy (Ukrainian) Divine Liturgy (English)	Intention: Parishioners Intention: Parishioners

## Other Events This Week

Monday, February 23 at 11am: Senior Exercise Class

Wednesday, February 25 at 11am: Senior Exercise Class

Thursday, February 26 at 7am: Perogy and Cabbage roll making. Lunch provided.

Saturday, March 1 at 7pm: Narcotics Anonymous

## ANNOUNCEMENTS

1. We welcome our guests and visitors. Thank you for worshipping with us!
2. On the Sundays of Lent, we offer the Divine Liturgy of St. Basil the Great. See the supplement provided containing the texts which differ from the usual Liturgy of St. John Chrysostom.
3. BLESSING OF ICONS TODAY: Brought yours from home? Give them to Fr. Michael before the Liturgy—they will be placed on the altar during the Liturgy.
4. THANK YOU to all who worked last week's brunch.
5. ALL SOULS SATURDAY this weekend. There will be a Panakhyda after Presanctified Liturgy on Friday commemorating all of the faithful departed.

6. 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.
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*

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**DONATIONS – February 15, 2026**

Collection: \$404.50; Building Fund: \$805

**THANK YOU!!**

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**“On Call Priest”**

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

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**Fundscrip Fundraiser Order this 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. If unable to return an order form, please speak to Fr. Michael directly to arrange.

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Embrace these inspiring messages throughout your Lenten journey:

1. **Compassion:** Show kindness to those around you.
2. **Forgiveness:** Let go of grudges and heal relationships.
3. **Hope:** Believe in a brighter tomorrow for yourself and others.
4. **Gratitude:** Appreciate the blessings in your life daily.
5. **Service:** Offer your time and talents to help those in need.
6. **Prayer:** Cultivate a deeper connection to your faith through prayer.
7. **Reflection:** Spend time contemplating your actions and intentions.
8. **Joy:** Find moments of joy and share them with others.

9. **Love:** Practice unconditional love towards yourself and others.

10. **Growth:** Embrace change and seek personal development during this season.

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*A Reflection on the Lenten Prayer of St. Ephrem, by Jim Forest*

*O Lord and Master of my life,  
take from me the spirit of sloth, despair,  
lust for power and idle talk.  
But give to me, your servant,  
the spirit of chastity, humility, patience and love.  
O Lord and King, grant to me to see my own faults  
and not to condemn my brother and sister.  
For you are blessed unto the ages of ages.*

Reflect on the prayer phrase by phrase and let it question you.

**“O Lord and Master of my life...”**

Who is Lord and master of my life? Me? God? The ideas, slogans, and choices of people around me?

**“...take from me the spirit of sloth...”**

“The spirit of sloth” refers to laziness, indolence, indifference, or forgetfulness. In a commentary on the prayer, Fr. Alexander Schmemmann regards sloth as the “basic disease...that strange laziness that always pushes us down rather than up — which constantly convinces us that no change is possible and therefore desirable. It is in fact a deeply rooted cynicism which to every spiritual challenge responds ‘what for?’ and makes our life one tremendous spiritual waste.” Sloth, says Olivier Clement in another commentary, is “a kind of sleepwalking, whether expressed in hyperactivity or in inertia.” How much of an effort do I make in daily life to try to think of Christ and try to follow him? To be aware of God’s presence in people and in nature? To actively seek the kingdom of God? To respond to God’s grace?

**“...despair...”**

The word in question is sometimes translated from the Greek as despondency or faint-heartedness. It also suggests discouragement, being cowardly, an aversion to life – suicide of the soul. An important icon shows Saint George in combat with a dragon. The actual George, a martyr of the early Church, never saw a dragon but battled against those fears which, unresisted, make one submit to evil. Not to battle the dragons we meet in life is to submit to despair, to give way to faint-heartedness. Am I easily discouraged? Do I surrender within myself when frightened? Am I cowardly in living my faith? Do I arm myself for spiritual combat with a rule of prayer in my daily life?

**“...lust for power...”**

This is the spirit of self-importance, the religion of Me. The spirit of domination was the third temptation to which Jesus was subjected during his time of fasting in the wilderness. Christ dismissed Satan with the words, “The Lord your God shall you worship and him alone shall you serve” ([Mt. 4:8-11](#)). Lust for power makes an idol of the self. Do I seek to control or manipulate others? To be feared by others? Do I want to have the last word?

**“...and idle talk.”**

In a word, gossip. This is talk that attacks the social fabric much as termites attack the foundations of a wooden house. Idle talk refers to all chatter, not only mine but the empty chatter of others, including the chatter of television. The poet Carl Sandberg warns his daughter to be careful about what she says: “Words wear tall boots. They go marching off. You can’t stop them when they’re gone.” Christ cautions us that we will render an account “for every careless word” we speak ([Mt 12:36](#)). Have I lied or gossiped? Have I maligned or slandered others? Have I cursed anyone? Have I become addicted to noise because I cannot bear silence?

**“But give to me, your servant, the spirit of chastity...”**

The Greek word *sophrosini*, often translated as chastity, also means wholeness, self-control, sobriety, moderation, discretion, modesty, overcoming all passions that destroy life. To be chaste is to be pure in thought and conduct, to be free of addictions, to be in communion with God's purity. It is the wholeness of an interior innocence, a virginal freshness of soul. Chastity exists in marriage when there is an integration of desire in a personal relationship marked by self-giving love. A chaste person, notes Clement, is no longer fragmented. "If we usually mean by chastity the virtue opposed to sexual depravity," writes Fr. Alexander Schmemmann, "it is because the broken character of our existence is nowhere better manifested than in sexual lust – the alienation of the body from the life and control of the spirit." Do I realize my physical and spiritual life as one thing, not two? Have I used or regarded others as sexual objects? Have I damaged the spirit of chastity in myself by reading or looking at pornography? Have I dressed and behaved modestly?

**"...humility..."**

Humility is poverty of spirit and meekness. Humility inspires an attitude of listening and of seeking out those who can give good counsel. Humility welcomes correction. A humble person is not proud or arrogant. Humility is not the denial of my value as a human being but rather seeing myself in relationship to God. Humility results from being in a state of gratitude rather than envy, resentment, or bitterness. Do I boast about myself? Do I respect others? Do I listen with attention and a readiness to learn? Do I resent good advice? Do I accept correction with gratitude? Or do I defend myself even when I am in the wrong?

**"...patience..."**

Patience is calmly bearing or enduring delay, disappointment, pain, and sorrow. It is a deep confidence in God's providence and the willingness to persevere even in the face of loss and failure. Clement speaks of patience as an "interiorized monasticism." It is not resignation but the awareness that truly Christ is risen from the dead and is with us moment to moment, no matter where we go or what we are enduring. Do I imagine I am alone? That I am God-forsaken? Do I resent delays? Do I give up when there are too many obstacles? Do I tend to do things in a hurry? Am I easily annoyed with others? Do I get angry when I don't get my way?

**"...and love."**

Love is the quality most needed. In speaking of God, while no word is adequate, none is truer than to say that God is love. "God so loved the world that He sent his only begotten Son," writes Saint John ([Jn 3:16](#)). Love of its nature inspires whole-hearted giving, an eagerness to serve, care of words, humility, and patience. It is self-giving, even a death to self. We are taught by Christ not only to love our friends but also our enemies, for without love there is no way to overcome enmity, as he shows us with his own life. Much more than a sentiment, love is an attitude of caring for the well-being and salvation of others. Do I tend to put my needs and desires first? Do I pray for those I fear or hate? Does it disturb me to think that a person I do not like is also God's child and bears the Divine Image? Do I look for ways to help others even if they are strangers?

**"O Lord and King, grant to me to see my own faults and not to condemn my brother and sister. For you are blessed unto the ages of ages."**

Twice in this prayer God is addressed as Lord, once as Master, and once as King. This is Saint Ephraim's way of helping us address our Creator in a spirit of respect and obedience. It may not be our desire to serve others or put their needs before our own, but if this is what God asks of us, we work to convert ourselves to living as God wishes. We especially ask God to make us aware of our own faults and sins rather than judge others. After all, at the Last Judgment I will be judged for my own sins, not the sins others committed, except to the extent that others sinned because I sinned. Do I care more about what is wrong with other people than what is wrong with myself? Do I look down on those who appear to have an even less ordered life than mine? Do I regard myself as not so bad because there are others who are worse?

An extract from *Confession: Doorway to Forgiveness* by Jim Forest (Orbis Books, 2002).

Ukrainian Canadian Congress  
Конгрес Українців Канади  
Sault Ste. Marie

SAULT STE MARIE  
ukrainian  
community

4 YEARS SINCE RUSSIA'S  
FULL-SCALE INVASION

Конгрес Українців Канади  
Сполучені українські громади  
Ukrainian Canadian Congress

# UKRAINIAN FLAG RAISING CEREMONY

**TUESDAY, FEBRUARY 24**  
**4:00 PM**  
**CITY HALL, 99 Foster Drive, Sault Ste. Marie**

The Sunday School Artist

During Sunday School, the teacher asked the children to draw from the Bible. Little Emma proudly held up her picture of a man dressed in suit, holding a briefcase, standing in front of a big boat.

"Who's this?" the teacher asked.

"That's Noah," Emma replied.

"And the briefcase?"

"Oh, that's for all the animals boarding passes!"

What do we learn from cows, buffalos and elephants??

It's impossible to reduce weight by eating green grass, salads and walking.

Have a very blessed week!!