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

Luciano DeCrenzenzo

March 1, 2026 Second Sunday of the Great Fast: St. Gregory Palamas; Octoechos Tone 5; The Holy Venerable-Martyr Eudocia.

Intentions this Sunday

Saturday at 4:15pm: Parishioners; 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 5: Let us the faithful acclaim and worship the Word,* co-eternal with the Father and the Spirit,* and born of the Virgin for our salvation.* For He willed to be lifted up on the cross in the flesh, to suffer death* and to raise the dead by His

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 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, Спасітелеві на́шому. *Спасі нас, Сїну Бóжий,* що воскрес із мєртвих, співаємо Тобі: Аلیلїя.*

Ідім перєд лицєм Його з ісповіданням, і псалма́ми воскликнім Йому. *Спасі нас, Сїну Бóжий,* що воскрес із мєртвих, співаємо Тобі: Аلیلїя.*

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

Вхідне

Прийдіте поклóнімся* і припадім до Хри́ста.* *Спасі нас, Сїну Бóжий,* що воскрес із мєртвих, співаємо Тобі: Аلیلїя.*

Тропарі й кондаки

Тропар воскресний (г. 5): Собезнача́льне Сло́во Отцю́ і Ду́хові,* від Діви наро́джене на спасіння на́ше,* оспіваймо, вірні, і поклóнімся,* бо благоволив плóттю зійти на хрест* і смерть перетерпіти, і воскресити умєрлих* сла́вним

glorious resurrection.

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

Kontakion, Tone 4: The time for action is now revealed;* the Judge is at the door.* Let us rise and keep the fast,* offering tears of contrition with alms and crying aloud:* our sins are more numerous than the sands of the sea,* but forgive us, O Maker of all, that we may receive incorruptible crowns.

Prokeimenon

Tone 5: You, O Lord, will guard us* and will keep us* from this generation* and forever.

Repeat: You, O Lord, will guard us* and will keep us* from this generation* and forever.

verse: Save me, O Lord, for there is no longer left a just man.

Repeat: You, O Lord, will guard us* and will keep us* from this generation* and forever.

Epistle Hebrews 1:10-2:3

Alleluia, Tone 5

verse: Your mercies, O Lord, I will sing for ever; from generation to generation I will announce Your truth with my mouth.

verse: For You have said: Mercy shall be built up for ever; in the heavens Your truth shall be prepared.

Gospel Mark 2:1-12

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 that 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.* Alleluia, alleluia,* alleluia.

воскресінням Своїм.

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

Кондак тріоди (г.4): Нині час для діяннн явївся,* при двєрях суд,* востаньмо, ѳтже, постячїся* принесїм сльбзи благаннн з мїлостинннм, звиваючї:* Ми согрїшїли бїльше пїску морськѳго,* алє ослабї, Творче всїх, щѳб ми прїйняли нетлїннї вїнцї.

Прокїмен

(г. 5): Ти, Гѳсподи, охорѳниш нас і збережєш нас вїд рѳду цьѳгѳ і повїк.

Всї: Ти, Гѳсподи, охорѳниш нас і збережєш нас вїд рѳду цьѳгѳ і повїк.

Стих: Спасї менє, Гѳсподи, бо не стало праведного.

Всї: Ти, Гѳсподи, охорѳниш нас і збережєш нас вїд рѳду цьѳгѳ і повїк.

Апостол Євр. 1,10-2,3

Алилуя (г. 5)

Стих: Мїлостї Твої, Гѳсподи, повїк оспївуватиму, сповїщю з рѳду в рїд їстїну Твою устами моїми

Стих: Бо сказав Ти: Повїк мїлїсть збудуєтьсн, на небеснх утвєрдїтьсн їстїна Твоя.

Євангелїє Мк. 2, 1-12

Замїсть Достѳйно спїваємо:

Тѳбою радуєтьсн, Благоднтна, все творїннн, ннгельськїй собѳр і людськїй рїд, освнченїй храме і раю словєснїй, дївства похвало, їз якѳї Бог воплотївсн і млнднцем став – пєред вїкнми сущїй Бог наш. Лоно бо твоє престѳлом сотворїв і утробу твою простѳрїшою небєс учїнїв. Тѳбою радуєтьсн, Благоднтна, все творїннн, слава тобї.

Причаснїй

Хвалїте Гѳспѳда з небєс,* хвалїте Йѳго во вїшнїх.* Алилуя, алилуя,* алилуя.

Spiritual Bouquet for Metropolitan Lawrence Huculak, OSBM

Bishop Bryan is inviting the clergy and faithful of our Eparchy to participate in a special Spiritual Bouquet for Metropolitan Lawrence Huculak as he celebrates a double milestone in 2026: his 75th birthday and the 20th anniversary of his installation as Metropolitan. And next year he will be celebrating two additional milestones: his monastic profession and priestly ordination (50th anniversary), and his episcopal consecration (30th anniversary).

A spiritual bouquet is a collective gift of prayers, Liturgies, and sacrifices offered for his intentions. Please submit your prayerful contributions via our online form by March 20, 2026, so they may be compiled and presented from our Eparchy during a testimonial banquet in his honour on April 14. Submit your offerings here: <https://forms.office.com/r/adt6HC0ecx>

Liturgical Schedule

Monday, March 2 The Holy Hieromartyr Theodotus, Bishop of Cyrenia.	Isaiah 8:13-9:7 Genesis 6:9-22 Proverbs 8:1-21			<i>Abstention from meat and foods that contain meat.</i>
Tuesday, March 3 The Holy Martyrs Eutropius, Cleonicus, and Basiliscus.	Isaiah 9:9-10:4 Genesis 7:1-5 Proverbs 8:32-9:11			
Wednesday, March 4 Our Venerable Father Gerasimus of the Jordan.	Isaiah 10:12-20 Genesis 7:6-9 Proverbs 9:12-18			<i>Abstention from meat and foods that contain meat.</i>
Thursday, March 5 The Holy Martyr Conon.	Isaiah 11:10-12:2 Genesis 7:11-8:3 Proverbs 10:1-22			
Friday, March 6 The Holy Forty-Two Martyrs of Ammorium.	Isaiah 13:2-13 Genesis 8:4-21 Proverbs 10:31-11:12	5pm	Liturgy of the Presanctified Gifts and Panakhyda for All Souls	<i>Abstention from meat and foods that contain meat.</i>
Saturday, March 7 All Souls Saturday; The Holy Hieromartyrs and Bishops of Cherson: Basil, Ephrem, Capiton, Eugene, Etherius and others	Hebrews 10:32-38 Mark 2:14-17	4:15pm	Divine Liturgy (English)	Intention: Parishioners
		5:30pm	Great Vespers	
Sunday, March 8 Third Sunday of the Great Fast: Veneration of the Holy Cross	Hebrews 4:14-5:6 Mark 8:34-9:1	9:30am	Divine Liturgy (Ukrainian)	Intention: Parishioners
		11am	Divine Liturgy (English)	Intention: Parishioners

Other Events This Week

Monday, March 2 at 11am: Senior Exercise Class

Wednesday, March 4 at 11am: Senior Exercise Class

Thursday, March 5 at 7am: Perogy and Cabbage roll making. Lunch provided.

Saturday, March 7 at 1pm to 4pm: Pysanka Workshop

Saturday, March 7 at 7pm: Narcotics Anonymous

Sunday, March 8: Coffee and Fellowship after Liturgy

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. Expect the Liturgy to take 10-15 minutes longer than usual.
3. ALL SOULS SATURDAY this weekend. There will be a Panakhyda after Presanctified Liturgy on Friday commemorating all of the faithful departed.
4. ALL-DAY CONFESSIONS at Precious Blood Cathedral: Wednesday, March 18th from 9:30am-6pm.
5. 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.

6. 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!!!

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 22, 2026

Collection: \$1,015; Building Fund: \$700

In Memory of Ann Conrad: \$150; In Memory of George & Jenny Pauliuk: \$20.00

THANK YOU!!

“On Call Priest”

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

A Lenten Reflection, by Fr. Chris Metropulos

I have been asked many times over the course of my priestly ministry, *Father Chris, can you share with me the significance of Great Lent and its meaning to me in my spiritual journey?* This brief article should assist in answering that question and more as we enter this sacred period of our Church calendar.

Great Lent is a significant time in the Orthodox Christian calendar, a period of reflection, repentance, and spiritual renewal. With the hustle and bustle of daily life, it can be challenging to navigate these weeks meaningfully. Here are some key areas to concentrate on during Great Lent that can help you cultivate a spiritually enriching experience amidst your busy life:

The foundation of the Lenten journey is prayer. As life becomes extraordinarily busy, it's vital to carve out intentional moments for prayer. Establish a routine, even if it means starting small. Consider beginning or ending your day with a brief prayer. The Jesus Prayer (“Lord Jesus Christ, Son of God, have mercy on me, a sinner”) can be particularly helpful, as it is both simple and profound.

Additionally, read the daily scripture readings assigned for the Lenten period. Many find inspiration and guidance in the Psalms, which emphasize repentance, humility, and trust in God. Consider keeping a prayer journal to document your prayers and reflections, allowing you to track your thoughts and spiritual growth.

Fasting is a significant aspect of Great Lent. It's not merely about abstaining from certain foods but about cultivating self-control and prioritizing spiritual life over physical cravings. In our busy modern world, consider what forms of fasting resonate with you. This includes the traditional dietary restrictions

(abstaining from meat and dairy) but can also extend to other areas, such as giving up certain activities or distractions, like excessive screen time or social media.

The purpose of fasting is to redirect your focus towards God and reflect on one's relationship with Him and others. Approach fasting not as a burden, but as a liberating practice that opens up space for God's grace.

Lent is a time for deep introspection and acknowledging our shortcomings. Use this period to identify persistent sins or hardships in your life and bring them before God. Regular confession is a valuable sacrament in the Orthodox faith, serving as a means of grace and reconciliation. Setting aside time to meet with a priest for confession can help cleanse your spirit and deepen your reliance on God's mercy.

When approaching confession, prepare yourself by reflecting on your actions, thoughts, and commitments. This can cultivate humility and a desire to grow closer to God, fostering a sense of accountability that can be particularly beneficial in a chaotic life.

An essential component of the Lenten journey is almsgiving and charity. Amidst a busy life, it may seem daunting to add more obligations, but acts of kindness can be integrated into your daily routine. Look for opportunities to serve those around you—perhaps through volunteering, helping a neighbor, or lending a listening ear to a friend in need.

Additionally, consider how you can support the church community or those less fortunate. Even small gestures can create a ripple effect of kindness and love, embodying the spirit of Christ's teachings and significantly impacting the world around you.

Isolation can exacerbate the chaos of life, so it's crucial to lean into the community during Lent. Engage more actively in church services, especially during Holy Week, to deepen your connection with fellow believers. Participating in church events, study groups, or prayer gatherings can bolster your spiritual journey, providing support and encouragement from others walking the same path.

Fellowship can also enhance the shared experience of sacrifice through communal fasting and acts of service. Committing to a Lenten discipline alongside others can foster accountability and deepen relationships with fellow parishioners.

In our busy lives, mindfulness is crucial to maintain spiritual focus. Regularly take a few moments throughout your day to pause and reflect on your thoughts and intentions. This practice can help you reconnect with your spiritual objectives and maintain awareness of your spiritual state.

Consider setting aside time, perhaps weekly, to assess your Lenten journey. Journal about your experiences, noting moments of grace, struggles with fasting, or revelations in prayer. Reflecting on these experiences can be a powerful and grounding practice that enhances your overall spiritual health.

Thus my dear friends, Great Lent offers a transformative opportunity to embrace a deeper relationship with God despite the chaos of life. By concentrating on prayer, fasting, repentance, charity, community, and mindfulness, you can cultivate an enriching spiritual experience that not only enriches your faith but can also positively influence your daily life. While the world may be tumultuous, remember that every small step taken in faith contributes to a more profound journey of love, grace, and hope in Christ. Embrace this sacred time, allowing it to guide you toward spiritual renewal and peace.

A preacher just moved into a neighbourhood and went for an early walk. He asked a young boy riding his bike, "Son, can you tell me how to get to the Post Office?" The little boy said, "Sure, go 2 more blocks and turn right. You can't miss it!"

The preacher replied, "Thanks, I'm the new pastor and if you come to church on Sunday, I will tell you how to get to Heaven!" The little boy grinned and said, "Awww, how can you show me the way to Heaven? You don't even know the way to the Post Office!"