

Parish Priest: Rev. Michael Hayes Cell Phone: 705-297-7489
pastor.soostmaryukr@outlook.com

Office Manager: Charlotte Conrad

**Office Hours: Tuesday and Wednesday 11am-3pm
Thursday and Friday 10am-2pm**

Parish Phone: 705-942-1377
Parish Email: soostmaryukr@outlook.com
Website: www.stmarysukrsm.ca
Facebook: www.facebook.com/StMarySoo

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

Luciano DeCrenzenzo

March 15, 2026 Fourth Sunday of the Great Fast: St. John Climacus; Octoechos Tone 7; The Holy Martyr Agapius and the Six Martyrs with him.

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 7: By Your cross You destroyed death;* You opened Paradise to the thief;* You changed the lamentation of the myrrh-bearers to joy,* and charged the apostles to proclaim* that You are risen, O Christ our God,* offering great

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

Тропарі й кондаки

Тропар воскресний (г. 7): Розорів Ти хрестом Твоїм смерть,* отворів Ти розбійникові рай,* миронóсицям плач перемінів Ти,* і апóстолам проповідати повелів,* що воскрес Ти, Хрісте Бóже,* даючи світові велику милість.

mercy to the world.

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 forever 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 7: The Lord will give strength to His people;* the Lord will bless His people with peace.

Repeat: The Lord will give strength to His people;* the Lord will bless His people with peace.

verse: Bring to the Lord, O you sons of God; bring to the Lord young rams..

Repeat: The Lord will give strength to His people;* the Lord will bless His people with peace.

Epistle Hebrews 6:13-20

Alleluia, Tone 7

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 Mark 9:17-31

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.* The just man shall be in everlasting remembrance;* of evil hearsay he shall have no fear.* Alleluia, alleluia,* alleluia.

Тропар преподобному (г. 1): Пустинним жителем і в тілі ангелом,* і чудотворцем показав ти себе, богоносний отче наш Іване.* По́стом, чува́нням, моли́твою небесні дарува́ння прийня́вши,* зціля́єш недужих і душі, що з вірою прибіга́ють до тебе.* Сла́ва Тому́, що дав тобі крі́пость,* сла́ва Тому́, що вінча́в тебе,* сла́ва Тому́, що діє тобою всім зці́лення.

Сла́ва Отцю́, і Си́ну, і Свято́му Ду́хові. І ніні, і повсякча́с, і на ві́ки ві́ків. Амінь.

Кондак преподобному (г. 4): На висоті правди́вої повздєржності* Госпо́дь тебе поста́вив, як звіздú необма́нну,* що просвічує світокра́ї,* наставля́нику Іване, отче наш.

Прокімен

(г. 7): Госпо́дь крі́пость лю́дям Свої́м дасть, Госпо́дь благослови́ть люде́й Свої́х міром.

Всі: Госпо́дь крі́пость лю́дям Свої́м дасть, Госпо́дь благослови́ть люде́й Свої́х міром

Стих: Принесіть Господе́ві, сині́ Божі, принесіть Господе́ві молоді́х баранці́в.

Всі: Госпо́дь крі́пость лю́дям Свої́м дасть, Госпо́дь благослови́ть люде́й Свої́х міром

Апостол Евр. 6, 13-20.

Алилуя (г. 7)

Стих: Блага́ є іспові́дувати Го́спода і співа́ти і́мені Твоє́му, Всеви́шній.

Стих: Звіща́ти вдосві́та ми́лість Твою́ і і́стину Твою́ на всяку́ ніч.

Євангеліє Мр. 9, 17-31.

Замість Достойно співаємо:

Тобо́ю ра́дується, Благода́тняя, все творі́ння, а́нгельський собо́р і лю́дський рід, освя́чений хра́ме і ра́ю словесний, дівства похвало́, із яко́ї Бог воплоти́вся і младе́нцем став – пе́ред ві́ками су́щий Бог наш. Лоно бо твоє́ престоло́м сотвори́в і утробу твою́ простори́шою небес учи́нів. Тобо́ю ра́дується, Благода́тняя, все творі́ння, сла́ва тобі́.

Причасний

Хвалі́те Го́спода з небес,* хвалі́те Йо́го во ви́шніх.* В па́м'яті ві́чній бу́де пра́ведник,* по́голосів злих не убої́ться.* Алилу́я, алилу́я,* алилу́я.

Liturgical Schedule

Monday, March 16 The Holy Martyrs Sabinus and Papas.	Isaiah 37:33-38:6 Genesis 13:12-18 Proverbs 14:27-15:4	10am	Rosary and Lenten Midday Prayer (with Knights of Columbus)	<i>Abstention from meat and foods that contain meat.</i>
Tuesday, March 17 Our Venerable Father Alexius, Man of God.	Isaiah 40:18-31 Genesis 15:1-15 Proverbs 15:7-19			
Wednesday, March 18 Our Holy Father Cyril, Archbishop of Jerusalem.	Isaiah 41:4-14 Genesis 17:1-9 Proverbs 15:20-16:9			<i>Abstention from meat and foods that contain meat.</i>
Thursday, March 19 The Holy Martyrs Chrysanthus and Daria.	Isaiah 42:5-16 Genesis 18:20-33 Proverbs 16:17-17:17			
Friday, March 20 Our Venerable Fathers Martyred by the Saracens at the Monastery of St. Sabbas.	Isaiah 45:11-17 Genesis 22:1-18 Proverbs 17:17-18:5	5pm	Liturgy of the Presanctified Gifts and Panakhyda for All Souls	<i>Abstention from meat and foods that contain meat.</i>
Saturday, March 21 Akathist Saturday; Our Venerable Father and Confessor James, Bishop of Catania.	Hebrews 9:24-28 Mark 8:27-31	4:15pm 5:30pm	Divine Liturgy (English) Great Vespers	Intention: Parishioners
Sunday, March 22 Fifth Sunday of the Great Fast	Hebrews 9:11-14 Mark 10:32-45	10am	Divine Liturgy (English/Ukrainian)	Intention: Parishioners

Other Events This Week

Monday, March 16 at 11am: Senior Exercise Class

Wednesday, March 18 at 11am: Senior Exercise Class

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

Saturday, March 21 at 7pm: Narcotics Anonymous

Sunday, March 22: Parish AGM at noon.

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-you-can-eat brunch TODAY from 10-12:30pm. Adults \$15; Children (6-12) \$6; Children (under 5) free.
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!!!

7. The next Fundscrip order will be placed on March 22.

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 – March 8, 2026

Collection: \$390; Building Fund: \$415

In Memory of Derrick Conrad: \$190

THANK YOU!!

“On Call Priest”

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

Fourth Sunday of the Great Fast: St. John Climacus

St. John Climacus, a 6th-7th century monk and abbot, is renowned for his work *The Ladder of Divine Ascent*. His spiritual teachings emphasize the gradual ascent of the soul through virtues like humility, repentance, and prayer, guiding Christians on their path to holiness. Revered in both Eastern Orthodox and Roman Catholic traditions, his life and work continue to inspire spiritual seekers today.

St. John Climacus, also known as St. John of the Ladder, was born in the 6th or 7th century in the region of Palestine. He entered monastic life at a young age, drawn to the ascetic practices of early Christian hermits. Throughout his early years, he immersed himself in a life of prayer, fasting, and contemplation, seeking to purify himself and grow closer to God. After a period of deep spiritual formation, he became a monk at the Monastery of St. Catherine on Mount Sinai, where he would spend much of his life.

In his monastic community, St. John Climacus gained a reputation for his profound spiritual insight and ascetic rigor. He eventually became the abbot of the monastery, overseeing its community and guiding other monks in their spiritual journey. It was during this period of leadership that he composed his most famous work, *The Ladder of Divine Ascent*, a spiritual treatise that would go on to become one of the most important texts in Christian ascetic literature.

The *Ladder of Divine Ascent* is a detailed, 30-step guide to the process of spiritual growth and purification. Each "rung" of the ladder represents a specific virtue or obstacle that a Christian must overcome to move closer to God. These steps include themes like humility, patience, purity, and charity. Through his work, St. John Climacus illuminated the path of Christian asceticism, offering practical

advice on how to overcome the spiritual struggles and vices that hinder one's relationship with God. The ladder is seen as a metaphor for the soul's ascent from earthly attachments to divine union.

St. John's teachings were heavily influenced by the Desert Fathers, early Christian monks who sought to live in isolation, dedicating themselves to prayer and asceticism. He emphasized that true spiritual growth required both external discipline and inner purity, encouraging monks to engage in constant vigilance over their thoughts, words, and deeds. His work has inspired countless Christians, especially in the Eastern Orthodox tradition, where his feast is celebrated during the fourth Sunday of Lent.

Though much of his life is shrouded in mystery, St. John Climacus's influence on Christian spirituality is undeniable. His legacy endures through his writings and the impact he had on the monastic movement. He died around 649 AD, and his body was buried at the Monastery of St. Catherine, where he had spent many years of his life.

St. John Climacus is venerated as a saint in both the Eastern Orthodox Church and the Roman Catholic Church. His teachings continue to guide those seeking a deeper spiritual life, reminding them that the journey toward holiness requires both perseverance and grace.

Source: *All Saints Catholic Church, St. John, New Brunswick*

On Modesty

Let no man boast of his good deeds. A man at work in a harbour saw a little boy fall into the water. He instantly sprang in after him and got him out. He then went on with his work, wet through as he was, until the dinner hour, when he went home to change his clothes and take his midday meal. Both in the street and in his own house he was beset with questions as to how he got his clothes so wet, but he invariably gave an evasive answer. Several days later, on returning from his work, he found awaiting him at his home the boy whom he had rescued from the watery grave, together with his parents. As soon as he crossed the threshold the boy cried out, "That is the man who pulled me out of the water!" Thereupon his parents thanked him with tears for saving their child's life. On being asked why he had kept his good deed a secret, he answered in Our Lord's words: "Let not thy left hand know what thy right hand doeth." That man is much to be commended for his reticence: for one who prides himself on his virtuous actions or boasts of them, loses all merit in God's sight.

Humour for the Week

There was a man who had worked all of his life and saved all of his money.

He was a real miser when it came to his money. He loved money more than just about anything, and just before he died, he said to his wife, "Now listen, when I die, I want you to take all my money and place it in the casket with me. Because I want to take all my money to the after life."

So, he got his wife to promise him with all her heart that when he died, she would put all the money in the casket with him. Well one day he died.

He was stretched out in the casket; the wife was sitting there in black next to their best friend. When they finished the ceremony, just before the undertakers got ready to close the casket, the wife said, "Wait a minute!"

She had a shoebox with her; she came over with the box and placed it in the casket. Then the undertakers locked the casket and rolled it away.

Her friend said, "I hope you weren't crazy enough to put all that money in there with that stingy old man!"

She said, "Yes, I promised. I'm a good Christian, I can't lie. I promised him that I was going to put the money in that casket with him."

"You mean to tell me you put every cent of his money in the casket with him?"

"I sure did," said the wife. "I got it all together, put it into my account and I wrote him a cheque."

When told the reason for daylight saving time, the old First Nation's elder said, "Only the government would believe that you could cut a foot off the top of a blanket, sew it to the bottom, and have a longer blanket."