

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

August 30, 2026 Fourteenth Sunday after Pentecost; Tone 5; Our Holy Fathers and Patriarchs of Constantinople Alexander, John, and Paul the Younger.

Intentions this Sunday

Saturday at 4:15pm: Parishioners; Sunday at 10am: Parishioners

See insert for the changeable parts of the Liturgy.

Liturgical Schedule

Monday, August 30

+ The Placing of the Precious Sash of Our Most Holy Lady the Mother of God. Hebrews 9:1-7
Luke 10:38-42; 11:27-28

Tuesday, Sept 1

+ Beginning of the Indiction, that is, the New Year; Our Holy Father Symeon the Stylite and his mother Martha. 1 Timothy 2:1-7; Colossians 3:12-16
Luke 4:16-22; Matthew 11:27-30

Wednesday, Sept 2

The Holy Martyr Mamas Galatians 3:15-22

Mark 6:7-13

Thursday, Sept 3

Our Venerable Father Pimen. Galatians 3:23-4:5
Mark 6:30-45

Friday, Sept 4

The Holy Hieromartyr Babylas, Bishop of Antioch Galatians 4:8-21
Mark 6:45-53

Abstention from meat and foods that contain these ingredients.

Saturday, Sept 5

⊗ The Holy Prophet Zachariah and the righteous Elizabeth, Parents of the honourable John the Baptist 1 Corinthians 4:17-5:5
Matthew 24:1-13

4:15pm

Divine Liturgy (English)

Intention: Parishioners

5:30pm

Great Vespers

Sunday, Sept 6

Fifteenth Sunday after Pentecost 2 Corinthians 4:6-15
Matthew 22:35-46

10am

Divine Liturgy (Bilingual)

Intention: Parishioners

Other Events This Week

Thursday, Sept 3 at 7am to approx. noon: Perogy and cabbage roll making. Lunch provided.

Saturday, Sept 5 at 7pm: Narcotics Anonymous

Sunday, Sept 6: Coffee and fellowship after Liturgy. Faith Formation: A Walk Through the Divine Liturgy, Conclusion.

ANNOUNCEMENTS

1. We welcome our visitors joining us today. Please join us after Liturgy for fellowship and faith formation. Today's topic: A Walk Through the Divine Liturgy, Part 5.
2. With the summer months comes camps, beaches, travel, and vacations. Remember: Our union with God remains the single most important part of our lives, even during the summer. The Sunday Liturgy ought to be the thing that the rest of our schedule revolves around—it's not something to 'fit in' if you 'are able' or 'feel like it'. If you are away, please find a Catholic Church and attend the Divine Liturgy (or Holy Mass) on Sunday.

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, 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, McGill Perry, Tammy Zalewski, Fernando Mannarino, Dave Redfern, Ora, Irene O, Paul M, June, Bob, 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, Diane Czop, Leah Anderson, Darlene, Lanette Nadeau, Marilyn Conway, Dawn Goldstein

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 – August 23, 2026

Collection: \$469.35 Building Fund: \$20

In Memory of John Martan: \$20

THANK YOU!!

ON-CALL PRIEST: A priest is available in the city for emergencies 24/7 at 705-256-6675

Thank you to Bob Plotycia for giving our bulletin cover an updated look!!

LOOKING AHEAD:

Sunday, September 13: PRAZNYK

Parish feast day celebration. Divine Liturgy at 3pm with blessing of students and educators at the beginning of the new school year. Potluck to follow. Please plan to attend and contribute!

Sunday, October 25: PASTORAL VISIT OF BISHOP BRYAN

Bishop Bryan will be visiting our parish to serve the Divine Liturgy and to meet parishioners. Please plan to attend this Liturgy and the fellowship to follow. There will be no Liturgy at 4:15pm on Saturday, October 24.

TODAY'S REFLECTION ~From Fr. Anton's Bulletin Sunday August 30, 2026

Did you ever notice that some days feel heavier than others. Not because something dramatic happened. Not because life suddenly changed. Just because carrying life can be exhausting. Responsibilities add up. Worries accumulate. The future feels uncertain. And before we realize it, we are caring tomorrow's burdens with today's strength. But God never asked us to do that. ***"Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning: great is Your faithfulness."*** Lamentations 3:22-23 What a beautiful promise.

Notice what the verse does not say. It does not say God gives us all the strength we will need for the rest of our lives today. It does not say He reveals every answer about the future. It does not say He removes every challenge from our path. Instead, He promises something we often overlook: New mercies every morning. Daily grace. Daily strength. Daily compassion. Daily faithfulness. God's provision often arrives one day at a time. We want next year's roadmap. God offers today's manna. We want certainty about the future. God offers His presence for the moment. We want enough strength for every challenge ahead. God offers enough strength for today's step. This can feel frustrating when we are anxious. But it can also be incredibly freeing. Because it means you do not have to carry everything today. You do not have to solve next month's problems. You do not have to figure out every detail of the future. You do not have to manufacture strength for battles you have not been asked to fight yet. You simply need to receive today's mercy. And today's mercy is enough. The same God who you met yesterday will meet you tomorrow. But today, He is inviting you to trust in Him here. Right where you are. Not in the future. Not in the past. Today. When your thoughts begin racing ahead this week, gently remind your heart.: ***God has already prepared tomorrow's mercy, I only need today.***

Mindful Minute

Take one quiet minute today. Place both feet on the floor and take a slow breath. Notice the moment you are actually in—not tomorrow's possibilities or yesterday's regrets. As you breathe in, pray: *"Thank you for today's mercy."* As you breathe out, pray: *"help me trust You with tomorrow."*

Let your heart rest in the faithfulness of God for this moment.

OK, hear me out: an old-fashioned candy necklace, but with Tums and ibuprofen...