

**PARISH BULLETIN - October 9, 2022**

**Eighteen Sunday after Pentecost  
18-та Неділя після Зіслання Св. Духа**

**Welcome! Bienvenue! Вітаємо! Welcome to St. George's Church!**

**Our mission is to know, love and serve our Lord & Saviour Jesus Christ.**

Here at St. George's Church, the center of our life is the Sunday and daily Divine Liturgy.

It is here where we come to know Christ in each other, in the Sacred Scriptures and through participation in the Holy Sacraments.

A life of Christian Catholic stewardship includes a strong commitment toward the sacramental life through prayer, Liturgy and active ministry.

We are called to become the image and likeness of Christ God in all we say and do.

Website: <http://www.stgeorgessarnia.ca>

Email: [pastor@stgeorgessarnia.ca](mailto:pastor@stgeorgessarnia.ca)

Pastor: [Fr. Bohdan Winnicki](#)

Office: [519-542-9903](tel:519-542-9903)

Pastoral Emergency: [416-419-1097](tel:416-419-1097)

**PLEASE REMEMBER IN YOUR PRAYERS / ПРОСИМ О МОЛИТВУ ЗА ЗДОРОВ'Я**

... all our parishioners who are in the hospitals, care homes, shut-ins and those who are not able to join us actively due to health reasons.

**Anyone wishing to have a home visit from Father Bohdan or know of a parishioner who would like to have a visit please contact the parish office to book a time.**

*Visiting, praying for and reaching out to the sick and lonely is one of the works of mercy taught by Christ.*

**Please Remember to Support Your Parish.**

If your preference is to use a debit or credit card, please find the [DONATE Link](#) on our website main page.

May Our Lord reward you a hundredfold for your generosity.

Дякуємо за вашу щедрість!

**LAST WEEK COLLECTION:**

Sunday envelopes collection - \$1,202.50

Special Donations \$110.00 (for the Poor)

Votive Candles - \$79.30

**Coffee and Fellowship After Divine Liturgy.**

**Come join us!**

**Fr. Bohdan will be away from Thursday September 15<sup>th</sup> until Friday October 21<sup>st</sup>.**

Fr. Bohdan will be traveling to Poland to visit his mother.

Fr. Andrew Kormanik from Toronto will be staying in rectory, so no changes to our Divine Liturgy schedule.

For all spiritual emergencies please contact Fr. Andrew Kormanik directly at the rectory.

**Divine Liturgies this week:**

DATE:	TIME OF SERVICE:	INTENTION:	OFFERED BY:
Saturday, October 8 <sup>th</sup>	5:00 PM (Eng.)		
Sunday, October 9 <sup>th</sup>	9:30 AM (Eng.)		
Sunday, October 9 <sup>th</sup>	1:00 PM (Ukr.)		
Thursday, October 13 <sup>th</sup>	9:00 AM (Eng.)	+ George Ignatius	Jacob Family

**LITURGY INTENTIONS**

You can request Father Bohdan to celebrate Liturgies for your intentions. Please contact the parish office: 519-542-9903 to book a Liturgy.  
The suggested stipend for a Divine Liturgy is \$20.00

**A SPECIAL REQUEST:**

At the conclusion of each Divine Liturgy please close all Liturgy books and/or hymn books/brochures and return them to their proper place. Let us all do our part to be true stewards of our St. George's Church by helping to keep the Church pews clean and neat. Thank you very much for your understanding and cooperation.

**Divine Liturgy Books:**

If you wish to purchase a copy of "The Divine Liturgy of Saint John Chrysostom", the liturgy book normally found in the pews, we have copies available to be purchased for your own domestic church! They are available at \$10 each.

**Please help:**

The Canadian Department of Justice and the RCMP have established a database to document war crimes committed by Russia in Ukraine. They are asking that anyone who was the victim of a war crime or witness to a war crime, please contact them: <https://www.justice.gc.ca/eng/cj-jp/wc-cdg/index.html>

**Ваша допомога конечна:**

Канадське міністерство юстиції та федеральна поліція (RCMP) документують воєнні злочини росії під час вторгнення в Україну. Вони просять якщо ви були свідком такого злочину або самі є потерпілі воєнного злочину прошу звернутися до дослідників. Інформація: <https://www.justice.gc.ca/eng/cj-jp/wc-cdg/index.html>

"Once people stop believing in God, the problem is not that they will believe in nothing; rather, the problem is that they will believe anything."

C. S. Lewis



## Canadian Thanksgiving

In Canada, Thanksgiving is celebrated on the second Monday in October. The origin and history of Thanksgiving Day in Canada is different from the American Thanksgiving. Whereas the American tradition talks about remembering Pilgrims and settling in the New World, Canadians give thanks for a successful harvest. The geographical location of Canada is further north as compared to the United States therefore the harvest season falls earlier in Canada. In Canada Thanksgiving 2022 will be celebrated on second Monday in October - **10<sup>th</sup> October 2022**. On January 31<sup>st</sup>, 1957, the Parliament issued a proclamation to fix permanently the 2<sup>nd</sup> Monday in October as the Thanksgiving Day. The Proclamation goes as...

*"A Day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed ... to be observed on the 2<sup>nd</sup> Monday in October..."*

### Happy Thanksgiving!

*For each new morning with its light, for rest and shelter of the night,  
For health and food, for love and friends,  
For everything Thy goodness sends.*

*Ralph Waldo Emerson (1803-1882)*



## THANKSGIVING REFLECTION:

If you were to examine the content of your prayer life over the past month, what would you see? Hopefully there would be many moments to surrender, intercession, praise and adoration. And hopefully there were also many moments in which your prayer consisted of deep thanksgiving to God. Being grateful, truly grateful, and expressing that gratitude in prayer is powerful. We have so much to be grateful for and yet, so often, we become more focused in on our problems than on the countless blessings God has bestowed upon us. Even in the midst of life's darkest hour, there is much that we can find to be grateful for. What are you grateful for? In what ways has God blessed you in abundance? If you are not immediately aware of your blessings from God, that is a good sign that you may need to spend more time "counting your blessings." It's good to keep our eyes on the innumerable blessings God has bestowed upon us, to see them, name them and be joyful in them. The more we see them, the more we grow in gratitude, and the more we grow in gratitude, the more we are blessed.

Let us celebrate this special holiday of Thanksgiving and join our hearts together and offer our prayers of gratitude to God. Let us thank Him for His many gifts and let us remember that gratitude is a recognition of God's blessings. The more we are thankful, the more we will be given, for He loves us so much and blesses us so abundantly.

*Lord, I thank You with profound gratitude for the countless blessings in my life. Help me to daily become more aware of those blessings and to be grateful for them. Help me to see that life itself is a gift. Help me to especially see these blessings when life is hard, or when some burden weighs me down. May I be filled with a grateful heart and always rejoice in Your goodness.*



## What is an icon screen and what is it used for?

The iconostasis is a central feature of Eastern Churches that has a rich history and symbolism. For many Eastern Christians, the primary piece of architecture within their churches is an icon screen, also called an iconostasis. It is typically a large wall that separates the sanctuary from the main part of the church where the people stand.

On that wall are many different icons, and a holy door through which the clergy make processions during the Divine Liturgy. The icon screen has developed over time and became what it is now by the 16th century.

In its architecture, the entire building represents the theology of our Church. The Sanctuary represents The Church Triumphant (Heaven). The Nave represents The Church Militant (Earth). Heaven is linked to earth by the Iconostasis, which is the successor to the curtain that delineated the Holy of Holies from the rest of the Temple, as described in the Old Testament.”

In the book of Exodus, God instructed Moses to place a veil in front of the Ark of the Covenant, and only the High Priest was allowed to pass through it to the inner chamber. This place became known as the “Holy of Holies” and was replicated in the Temple constructed in Jerusalem. Eastern Christians have incorporated elements of the Temple into the architecture of their churches, respecting the Old Law, while being faithful to the New Law in Jesus Christ. At first glance the icon screen appears to be a barrier that is meant to separate. Yet, according to Eastern Christians, it is meant to be a sign of unity with Heaven and earth. As one Byzantine church explains, “The icon screen is never a barrier to worship. Some may be inclined to think it restricts what can be seen during worship services. Instead, it is a unifying element, bridging the holy sanctuary and the nave. Together, these symbolically and in reality form the Body of Christ, the Church – the Kingdom of God. As the icon screen signifies this uniting of heaven and earth, in Eastern Churches the priest and faithful also unite their prayers and hymns of praise. Together, they direct their attention to God, towards the altar which faces east. This is the direction cited in Holy Scripture of the Second Coming of Christ. The focus of Liturgy is the divine eternal and timeless sanctity of praise to God, which is why it is called ‘Divine Liturgy.’”

Additionally, the icon screen serves as a strong reminder of the communion of saints. It often features an entire row of icons with pictures of various saints and angels, reminding the faithful that these holy men and women are united with them, most especially during the Divine Liturgy. The Incarnation and the Second Coming of Jesus Christ are also central parts of many icon screens, featuring the Virgin Mary holding the Child Jesus as well as a prominent icon of Jesus Christ, the Pantocrator, pictured as a Judge at the end of time.

Eastern Christians are instructed that the icons are not to be worshiped, but are used as “windows to Heaven,” gateways to another spiritual realm. Icons are made for this specific purpose, typically never signed by the artist, and painted in such a way they invite worship of God. Everything in an Eastern church is oriented toward God and has the primary purpose of lifting up a soul from the mundane of this world to contemplate the beauty of Heaven.

### **MEDITATION FOR TODAY:**

Reflect, today, upon those moments in life when you feel as though God is silent. Know that those moments are actually moments of invitation to trust on a new and deeper level. Make an act of trust and allow your faith to become more fully purified so that God can do great things in you and through you!

## The Place of Family Prayer The Domestic Church From Christ Our Pascha Catechism.

654 A Christian family's home is the place where members of the family share with God and among themselves the intimacy of love. The family is a community of love, which Saint Paul often calls the *domestic church* (see *Rom 16:5*; *1 Cor 16:19*; *Col 4:15*). In this community, the husband and wife, the parents and children, liturgize: they render worship to God by serving one another. It is in the home that a person obtains his or her principal spiritual inheritance: knowledge of God, and respect for parents, the family hearth, the Church, and the earthly homeland.

655 Because the family has a calling to become a domestic church, the home in which the members of a family live becomes a church consecrated to achieving this vocation. This domestic *temple* is consecrated after it is built; it is then adorned with holy icons and blessed every year with Jordan water. As the parish church, the home is a place of prayer and the living out of the Holy Mystery of Marriage. Through the grace of the Holy Spirit received in the Holy Mystery of Marriage, the members of the family grow in the awareness of their vocation, in love for God and among themselves. Through their common faith they achieve salvation.

656 The *domestic church* is a miniature community, united by blood and spiritual bonds. It is part of the great family of God, the Universal Church, which unites in one Christian family all who were born of God. This common birth makes them all brothers and sisters. The family as a domestic church is the primary cell of the Christian community, because it possesses the three principal ministries of the Universal Church: *sharing the Good News*, *praying*, and *witnessing with one's life*. This means that the parents are the first evangelizers and educators of their children. The family is a community of prayer, conversing with God in everyday life, and as it builds new relationships grounded in evangelical love, the family is called to become a school of social solidarity.

### The Icon Corner

657 The part of the home where icons are placed is called the *icon corner*. The name in English (as also the Ukrainian, *pokuttia*) derives from the custom of placing the icons in a corner (*kut*). For Christians, the corner of a house is a reminder of Jesus Christ, "the cornerstone." Arranging such an icon corner in a home truly consecrates a place for God in the life of the family. Customarily there were three icons in such a corner: one of Jesus Christ, another of the Mother of God, and a third of Saint Nicholas. Christ, as the Head of the Church Body, is the model for the husband, the head of the family. The most holy Mother of God with the Child Jesus is the perfect model for the mother and the children. And Saint Nicholas is an example of compassion and hospitality.

658 In significant moments of family life, the parents bless their children with these icons. Before beginning the school year, or leaving home for military service, the children are blessed with the icon of Christ, and before marriage with the icon of the Mother of God. A family prays together and grows together in virtue in the presence of these icons. This corner is also the place for the main Christian books: Holy Scripture, a prayerbook, and a catechism.

### Family Prayer

659 The family as a blessed community grows in the spouses' personal communication with God and between themselves, that is, in prayer. Having arranged a place in their home for prayer (the icon corner), the family also sets aside time for prayer. According to Christian tradition, the family prays in the morning and in the evening, before a meal and after it. The Daily Prayers in the Horologion (or prayerbook) are an initial rule of prayer for a family. During family prayer, the children learn as they pray with their parents: they listen to the daily prayers and progressively absorb them. As they grow in common prayer, members of the family overcome the temptation to mutual estrangement and egoism. Family prayer prevents domestic quarrels and divorces; it reduces generational conflicts and teaches reconciliation and forgiveness.

660 The Christian family prays for the parents and family members (living and deceased). It asks God that children be educated and brought up well. It prays for spiritual and material benefits, and for the family's earthly homeland. It also invokes God's blessing on each day and especially difficult needs, so that in this way prayer "without ceasing" (see *1 Thes 5:17*) will be achieved in the domestic church.

## What To Do With Anger

**Here are five steps the Bible says we can take to help us take control of our anger**

### 1. Acknowledge Your Anger

Ephesians 4:26 "Be angry, and do not sin": do not let the sun go down on your wrath.

It's not wrong to be angry. But where we do go wrong is when we allow our anger to control us instead of us controlling it. And the first step to taking control over our anger is simply to acknowledge that we really are angry.

### 2. Set Your Will to Forgive

Colossians 3:13 bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.

When you make the heart decision to forgive, and set your will to no longer hold what someone did to you against them, God registers your forgiveness in heaven. And it doesn't matter how you feel about it.

### 3. Pray the Prayer of Forgiveness

Acts 7:59-60 And they stoned Stephen as he was calling on God and saying, "Lord Jesus, receive my spirit." So then he knelt down and cried out with a loud voice, "Lord, do not charge them with this sin." And when he had said this, he fell asleep.

When we declare to God our decision to forgive the person who hurt us, we recognize that it is primarily to Him that our commitment is made. In biblical terms, we establish a covenant of forgiveness with God, knowing His declaration that once such a covenant has been put into effect, it cannot be broken [Galatians 3:15](#)

### 4. Ask God to Help You Deal With Your Angry Feelings

Proverbs 16:32 He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

Philippians 4:6-7 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

"The key to being able to forgive is understanding that forgiveness is not a matter of how we feel about the person, but of making the heart commitment to no longer hold their offense against them."

### 5. Refuse to Keep Thinking About the Offence

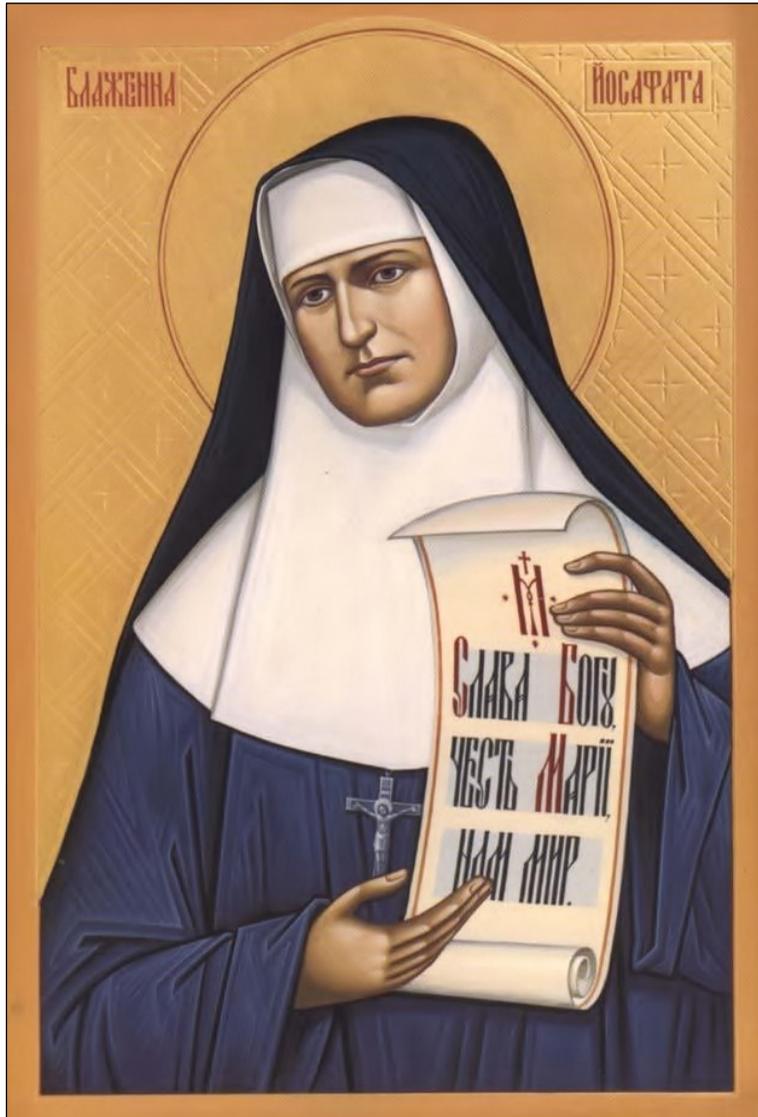
Philippians 4:8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy-meditate on these things.

## A few words of God's Wisdom...

God, grant me the serenity to accept the things I cannot change;  
courage to change the things I can, and wisdom to know the difference.

"The single most important piece of advice about prayer is word: **BEGIN!**"

~ Peter Kreeft ~



Do you remember how excited we all were when Pope **Saint John Paul II** visited Ukraine and actually acknowledged the countless men and women - laity, religious, monastics and clergy - that sacrificed their lives, because of their unwavering live for their Lord and His Church!? He didn't recognize ALL of them, but he made an amazing start by declaring BLESSED almost thirty deserving individuals.

He also declared BLESSED the co-founder of the **Sisters Servants of Mary Immaculate** - **Sister Josaphata**, who, although *not* a Martyr, lived a **heroic life** according to the Gospel teachings of Christ and Mission of the Church. Her cause for "canonization" was a natural next step. To be declared "**Saint Josaphata**" there must be clear evidence that, through her intercession, a miraculous event took place - especially a cure from a serious or potentially fatal illness. However, we must pray too! Do we have faith!? The Lord, Who performed countless miracles during His earthly ministry, often said what?... "Your faith has healed you! Go..."

Let us pray that all our 'Blesseds' will soon be found worthy of being declared as Saints so that we and the whole Church may take courage in their example and confidently request their intercession. Right now... this month – let our faithful individually and within our parishes get to know Blessed Josaphata better. Let us raise a fervent and frequent prayer for her intercession for our personal needs, our parish and Church needs, for Ukraine!

### **PRAYER Through the intercession of Blessed Josaphata**

Lord God, we praise and thank you

For having called your servant

Blessed **Josaphata** Hordashevskya

To uplift the hearts of the people in Ukraine,

Through evangelization, education and care of those in need.

As co-Foundress, she was the first to live the charism of a Sister Servant of Mary Immaculate.

Her virtuous life and evangelical witness encouraged her Sisters

To go beyond the borders,

Bringing the Gospel message to all people.

May our prayers for her canonization be for Your greater glory and the spiritual good of souls.

Grant us the graces for which we humbly pray,

Through her intercession.

Amen.



Have you ever noticed anyone having trouble finding the right page during a church service? Might they need some help locating the right page or part of the service? Maybe they don't have a book with the special parts?

Be a good Samaritan and offer to help them out - show them the correct spot in the service. Get or provide the book(s) for them so they can fully participate in and benefit from the service. If they say, "No thanks!", at least you offered. But they just might say "Thanks!" with a smile.



## Listen Before Trying to Solve Anything

One of the problems with humans is that we like to fix things. When we see a problem, we want to quickly jump to how we can solve it so we can move on. But God wants you to be a feeler before you're a fixer. He wants you to feel someone's pain before you try to solve the problem.

"The one who gives an answer before he listens—this is foolishness and disgrace for him" (Proverbs 18:13 CSB).

You may be barely into a conversation before you think, "I know how to fix this." But that's not loving. People don't care what you know until they know that you care. They want to feel heard. They want to feel loved. They want to feel understood.

There is healing in sharing. Your ear is a healing tool God can use if you'll learn to listen without trying to fix anything.

When Jesus hears that his friend Lazarus is sick, he takes three days to travel what should have taken less than a day. By the time Jesus arrives, Lazarus is dead. His sisters are grieving and tell Jesus that, if he had come sooner, Lazarus would not have died.

Jesus' delay might seem callous, but he has a plan: He doesn't want to heal Lazarus. He wants to raise him from the dead to show he, Jesus, is the Son of God. He already knew the solution before Lazarus even got sick.

"Jesus saw her weeping, and he saw how the people with her were weeping also; his heart was touched, and he was deeply moved. 'Where have you buried him?' he asked them. 'Come and see, Lord,' they answered. Jesus wept" (John 11:33-35 GNT).

Jesus is not unconcerned about their pain. When he sees everybody around him grieving, he mirrors it. He enters into it. Jesus knows the solution, but it doesn't keep him from sharing their grief. He shares their feelings, not his solution.

You may know the solution, but you need to hold off. If you're going to be a great listener, you've got to listen to someone's feelings and enter into that person's pain.

- Rick Warren -

## UKRAINIAN 101

**IF YOU KNOW** your colours in Ukrainian, then you'll have no trouble with the understanding that October (like June) is named after a colour.

In autumn, nature becomes golden, and the colour of leaves is *zhovtiy* (жовтий) - yellow. This distinction among the Slavic languages exists only in Ukrainian as the names of the months are very much connected to nature or agriculture.

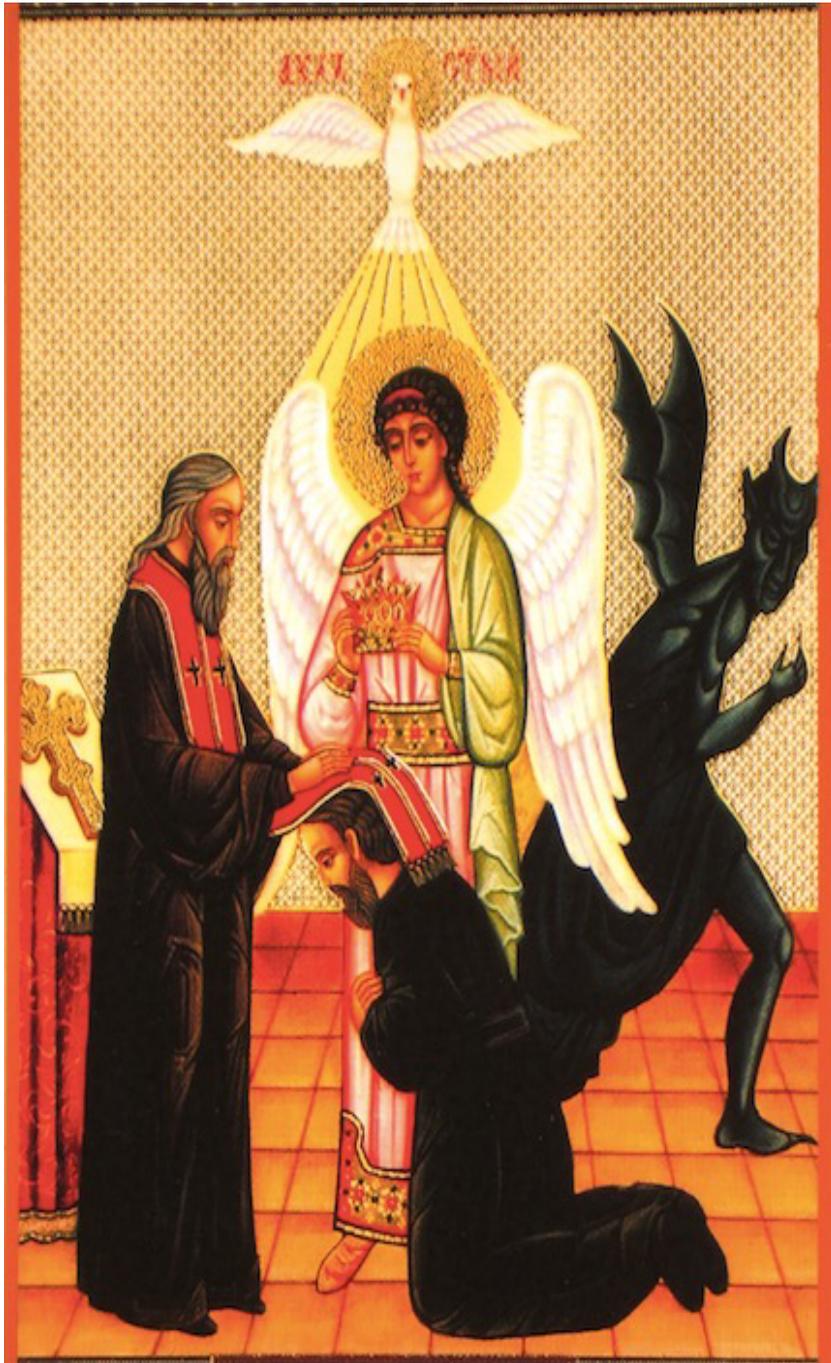
Of the four closely-related languages to Ukrainian, October is as follows: in Belarusian, October is called 'kastreetnyk'; in Polish, it is 'październyk' – both borrowed from a word meaning 'bonfire'; in Serbian, it is 'oktobar'; and in Russian, it is 'oktyabr' – the latter two borrowed from the Latin, German and English languages.

Ukrainians, and most undoubtedly many other cultures in the Northern Hemisphere, love this time of the year, shooting many photos of themselves near the beautiful trees.

*"Autumn is a second spring when every leaf is a flower."* - Albert Camus -

## What is the Jesus Prayer?

The Jesus Prayer is a short mental prayer or chant used repetitively to help one "pray without ceasing" (1 Thessalonians 5:17), to focus one's thoughts on Jesus, to tap into divine power, or (in Hesychasm) to attain union with God. The Jesus Prayer - "*O Lord Jesus Christ, Son of God, have mercy on me, a sinner,*" is particularly popular in Eastern Orthodoxy, although Catholics use it, too. It is believed that this prayer was first used by the ascetic or hermit monks of the Egyptian desert in the fifth century A.D. Saint Paul urges us to "pray without ceasing," and this prayer is one of the best ways to start doing so. It takes only a few minutes to memorize, after which you can recite it whenever you remember to do so. According to Christian belief, if you fill the empty moments of your day with the holy name of Jesus, you will keep your thoughts focused on God and grow in His grace. The "Jesus Prayer" is mirrored in a prayer offered by a tax collector in the temple in a parable that Jesus tells about the Publican (tax collector) and the Pharisee (religious scholar) in Luke 18:9-14: The tax collector said, "God, be merciful to me, a sinner!" This sounds resoundingly close to the "Jesus Prayer."



## EXAMINATION OF CONSCIENCE

### How do we make a proper confession?

#### Is there anything we say to the priest at confession other than when I last confessed and if I did penance?

The Christian life is not about a “once and for all” event. Just because we are baptised or receive the Eucharist does not mean that we have achieved holiness. The Christian life is similar to the journey of the Hebrew people through the desert on the way from Egyptian bondage to the Promised Land: a journey of hardships, failings, but also insight into the gracious enduring love of God. On our journey it is really important for us to be aware of ourselves, of how we are doing, whether we are on the right track, and when we lose our way, how to get back to the route.

This is where an examination of conscience comes in. This examination can take many forms. We can use the Ten Commandments or the Beatitudes as our map and check on ourselves daily or weekly to see whether we are on track. If we use the Ten Commandments as our guide, we need to remember that they are not a checklist: “I haven’t killed anyone – check. I’m okay.” Rather, they are general guides which can be grouped into Jesus’s two great commandments: love of God and love of neighbour. How in my daily life do I demonstrate one and the other? Similarly, using the Beatitudes is not about whether we have “blessed someone poor in spirit”; it is asking ourselves whether we have shown respect to the lonely, depressed, rejected. There are various styles of “road maps” to help our personal journey. Here is a website with examples of such examinations of conscience: <https://www.usccb.org/prayer-and-woorship/sacraments-and-sacramentals/penance/examinations-of-conscience>

Regardless of which method is best for you, three central elements are constant in an examination of conscience: **first**, sit down (perhaps in front of an icon) and relax—recall that you are in the presence of God; **second**, be honest with yourself: what have you done or failed to do; **third**, decide how you will improve. Be realistic in your resolve. Our weaknesses need to be addressed with a plan of honesty, and patience.

The examination of conscience is how we stay aware of our way of being in life. But what if my questioning shows me that I am lost? What if I have done something terrible—something that contravenes the love of God? We have God’s gift of the Spirit to us and the Church, the Body of Christ. To get back on the road of Christ, as it were, we have the help of the sacrament of reconciliation (confession).

The sacrament lets us re-establish our compass, to continue this analogy, so that we are stronger and more committed to living God’s Love, and the best preparation for this sacrament is a regular examination of conscience. Reconciliation is there for us whenever we want advice, support, or encouragement on our life’s journey, not just when we feel we have committed a serious sin. It is a sacrament of healing, not punishment.

What is the essence of a “good confession”? Honesty and a desire to be healed by the Spirit’s presence in me. We know the formula for confession from our childhood: <http://www.stsophiaukrainian.cc/resources/howtoconfess/>. Stumbling, falling, getting lost is expected on a life-long trip. But we have God’s grace and the embrace of our Church to keep us going on the adventure.

## God Befriends His people - a Covenant

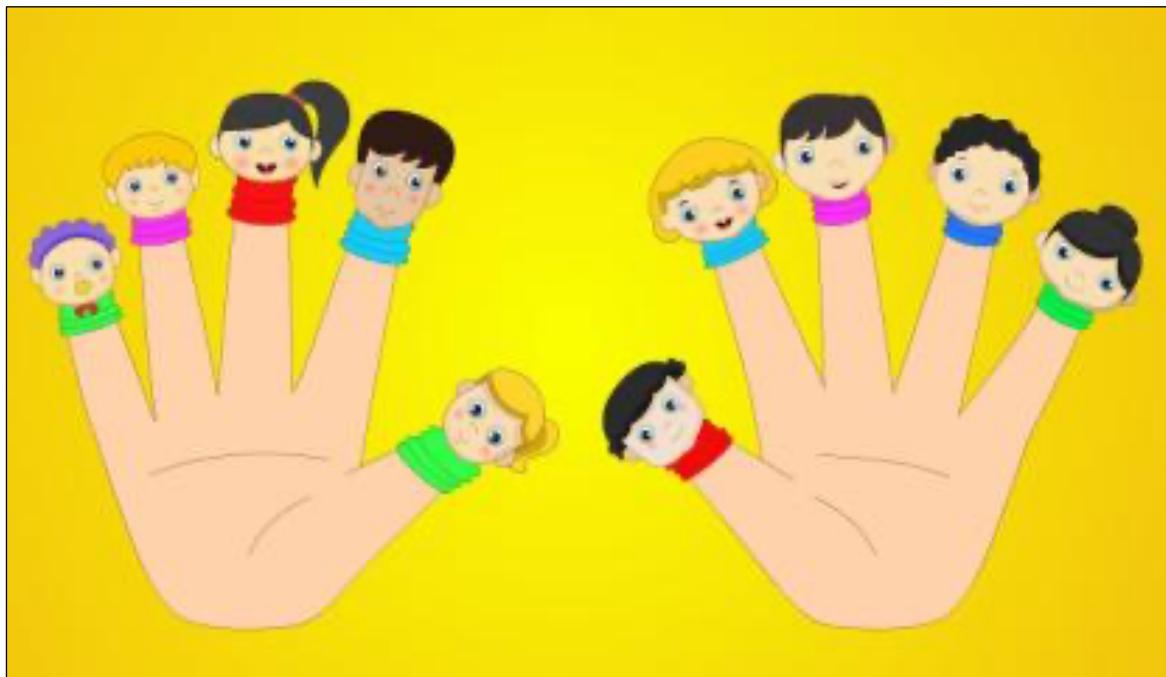
In a Biblical sense “Covenant” is a relationship of love between God and His people, who respond by loving in return. It is not a covenant between two equal parties; it is a free unmerited gift from God - a gift of Love calling for a response in Love.

Covenant means a mutual sharing of life - but God is the creator of life. When He gives life He gives Himself and allows us to share Himself with us.

The Good News of the Gospel is that God wants to create a bond of love between Him and us. God, the Father sent His son Jesus to reveal His love to us and to reaffirm the ancient covenant He made with Abraham because He never breaks His promise. The God that befriended Abraham and gave the Ten Commandments to Moses is the same God who has made a covenant with us. In order to understand this we must know the story of Abraham, Moses and the Ten Commandments. (Check your Bible Genesis 15: 1- 21 for the story of Abraham and Deuteronomy 5: 1- 22 for the story of Moses and the Ten Commandments).

Everything in the Bible focuses around the concept of love and the bond between God and His people. God not only befriends Abraham, but also through Abraham, God befriends all his descendants; the Hebrew people and through Jesus all of us. As you know from your own experience of love relationships, all love relationships have their own demands.

In order for us to be able to live out this bond of love - this Covenant, God gave us ten guidelines. These guidelines are known as the Ten Commandments. These are not necessary rules to do or not to do - they are a response to love. These Ten Commandments are Ten Bonds of Friendship. Let us review them.



### TEN BONDS OF FRIENDSHIP

1. Friendship is Loyalty  
“I am the Lord your God, you shall have no gods except me”
2. Friendship is Respect  
“You shall not take the name of the Lord your God in vain”
3. Friendship is Celebration  
“Remember to keep holy the Lord’s day”
4. Friendship is Listening  
“Honour your mother and your father”
5. Friendship is Life “You shall not kill”
6. Friendship is Faithfulness  
“You shall not commit adultery”
7. Friendship is Honesty “You shall not steal”
8. Friendship is Truthfulness  
“You shall not bear false witness against your neighbour”
9. Friendship is Trust  
“You shall not covet (desire) your neighbour’s wife”
10. Friendship is Sharing  
“You shall not covet (desire) your neighbour’s goods”

Jesus came to teach us the real meaning of these bonds of love. Jesus teaches us over and over again that we must love one another regardless of skin colour, nationality, intelligence, male or female, children or adults, poor or rich. Read the story of “The Good Samaritan” and ask yourself, who is your neighbour? Read Luke 10: 25-37.

Jesus tells us that we will be judged on the “Beatitudes” which are loving our neighbour. The Commandments of God can be summed up in one word - LOVE. The Ten Commandments are based on two great commandments: “love your God with all your heart and your neighbour as yourself” Commandments 1 to 3 speak of loving God and all the rest 4 to 10 speak of loving our neighbour.

So you see, God’s covenant with us is very human and natural. God does not expect of us anything more than we expect of our real friends. We do expect from our friends loyalty, respect, celebration, listening, life, faithfulness, honesty, truthfulness, trust, sharing and all these make up the Bond of Love - The Ten Commandments.

## Ukraine Humanitarian Appeal

Russia invaded Ukraine on Thursday, February 24, 2022 and is posing the largest threat to international global security since WW II. The Ukrainian people will fight to defend their homeland and in doing so, will prevent the spread of Russian aggression.

Russian aggression will result in one of the largest humanitarian crises of this century. Hundreds of thousands, if not millions, of Ukrainians will be displaced.

If you wish to make a donation to provide humanitarian aid to Ukraine, please donate through the Catholic Near East Welfare Association (CNEWA), and specify that your donation is for Ukraine - <https://cnewa.org/ca/donate/>

You may also donate directly to St George's Church, the money will directly to charity efforts for Ukraine.

Simply send an E-Transfer to [saveukraine@stgeorgessarnia.ca](mailto:saveukraine@stgeorgessarnia.ca)

### МОЛИТВА ЗА МНОГОСТРАЖДАЛЬНИЙ УКРАЇНСЬКИЙ НАРОД У ЧАС ВІЙНИ

Господи Ісусе Христе Боже наш, благаємо Тебе, вислухай щирю молитву Твоїї улюбленої Церкви Київської Русі за важко страждаючих дітей українського краю. Споглянь милостивим оком на їх лихоліття та ласкаво поспіши на допомогу. Звільни свій беззахисний народ від несправедливих загарбників, нашестя агресорів та терору війни. Зміцни силою Твоюю усіх доблесних і відважних захисників для добросердечної боротьби, щоб вони радше керувалися любов'ю до беззахисних, аніж ненавистю до ворогів. О Премилосердний Господи, захорони переселенців, зціли поранених, борони

сиріт, підтримай вдів, потіш скорботних та ласкаво приймай до Твого Царства всіх, хто благородно віддав своє життя в обороні Батьківщини від нападів ворогів. Поспіши зупинити кровопролиття як друга, так і недруга та запали серця багатьох до мужньої боротьби за істинну справедливість, що є джерелом тривалого миру. О добросердий Господи, Ти - наш мир, пом'якши зачерствілі серця, наверни тих, хто сприяє воєнним діям, до примирення, щоб Твій улюблений український народ втішався миром, справедливістю та свободою - ознаками Твого Царства, в якому Ти царюєш з Предвічним Твоїм Отцем, і Всесвятим, Благим і Животворним Твоїм Духом, нині, і повсякчас, і на віки віків. Амінь.

### PRAYER FOR THE AFFLICTED PEOPLE OF UKRAINE IN TIME OF WAR

O Lord Jesus Christ, our God, we entreat You to hear the earnest prayer of Your beloved Church of Kyivan Rus' for her deeply afflicted children abiding in the land of Ukraine. Behold their grave sorrow and grievous plight, and speedily come to their aid. Deliver Your vulnerable people from unjust aggressors, foreign invasion and the terror of war. Strengthen courageous defenders of the nation to fight virtuously, inspired more by love of those they protect than hatred of the enemy. O compassionate Lord, shelter the displaced, heal the wounded, console the orphan, protect the widow, comfort those who mourn, and mercifully receive into Your Kingdom those who have nobly died guarding their homeland against every aggression. Quickly make cease the spilling of blood of friend and foe alike, yet stir many to bravely struggle for that true justice which alone can bring lasting peace. O kind-hearted Lord, as You are our peace, soften the hearts of the unmerciful and convert those who promote hostilities toward reconciliation, so that Your beloved children of the land of Ukraine, may abide in that tranquility, justice and freedom which reflects your Kingdom, where You reign with Your eternal Father, and Your most holy, good and life-giving Spirit, now, and forever and ever. Amen.



### Spiritual Direction

So many of us are seeking something greater than ourselves but we are not sure on how to begin and there is an increasing need for the accompaniment of a spiritual guide who listens to our questions, concerns and situations as we attempt to deepen our relationship with God. Spiritual Direction provides guidance and assistance in the process of spiritual growth. If you would like Spiritual Direction, please contact John Waligorski at 519-542-0788 or by email at [wudan108@yahoo.com](mailto:wudan108@yahoo.com) or visit his website at [www.spiritual-assistance.com](http://www.spiritual-assistance.com)

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**Sunday, October 9, 2022**

**Eighteenth Sunday after Pentecost. Octoechos Tone 1.**

**The Holy Apostle James, Son of Alpheus**

**Troparia and Kontakia**

**Troparion, Tone 1:** Though the stone was sealed by the Judeans,\* and soldiers guarded Your most pure body,\* You arose, O Saviour, on the third day,\* and gave life to the world.\* And so the heavenly powers cried out to You, O Giver of Life:\* Glory to Your resurrection, O Christ!\* Glory to Your kingdom!\* Glory to Your saving plan,\* O only Lover of mankind.

**Troparion, Tone 3:** Holy apostle, James, intercede with the merciful God\* to grant our souls\* forgiveness of sins.

Glory be to the Father and to the Son and to the Holy Spirit.

**Kontakion, Tone 1:** You arose in glory from the tomb\* and with Yourself You raised the world.\* All humanity acclaim You as God,\* and death has vanished.\* Adam exults, O Master,\* and Eve, redeemed now from bondage, cries out for joy:\* “You are the One, O Christ, Who offer resurrection to all.”

Now and for ever and ever. Amen.

**Kontakion, Tone 2:** With praises let us all extol James as a herald of God;\* he firmly planted the doctrines of wisdom in the souls of the godly.\* For he stands before the Master’s throne of glory\* and rejoices with all the angels\* unceasingly praying for all of us.

**Prokeimenon, Tone 1**

Let Your mercy, O Lord, be upon us, as we have hoped in You.

**verse:** Rejoice in the Lord, O you just; praise befits the righteous. (*Psalm 32:22,1*)

**Prokeimenon, Tone 8**

Their utterance has gone forth into all the earth,\* and their words unto the ends of the world.

**Epistle - 2 Corinthians 9:6-11; 1 Corinthians 4:9-16**

*A reading from the Second Epistle of the Holy Apostle Paul to the Corinthians.*

Brethren, this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver. And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work. As it is written:

“He has dispersed abroad,

He has given to the poor;

His righteousness endures forever.”

Now may He who supplies seed to the sower, and bread for food, supply and multiply the seed you have sown and increase the fruits of your righteousness, while you are enriched in everything for all liberality, which causes thanksgiving through us to God

Brethren, I think that God has displayed us, the apostles, last, as men condemned to death; for we have been made a spectacle to the world, both to angels and to men. We are fools for Christ’s sake, but you are wise in Christ! We are weak, but you are strong! You are distinguished, but we are dishonored! To the present hour we both hunger and thirst, and we are poorly clothed, and beaten, and homeless. And we labor, working with our own hands. Being reviled, we bless; being persecuted, we endure; being defamed, we entreat. We have been made as the filth of the world, the offscouring of all things until now.

I do not write these things to shame you, but as my beloved children I warn you. For though you might have ten thousand instructors in Christ, yet you do not have many fathers; for in Christ Jesus I have begotten you through the gospel. Therefore I urge you, imitate me.

### Alleluia, Tone 1

*verse:* God gives me vindication, and has subdued people under me.

*verse:* Making great the salvation of the king, and showing mercy to His anointed, to David, and to His posterity forever. (*Psalm 17:48,51*)

*verse:* The heavens shall confess Your wonders, O Lord, and Your truth in the church of the saints.

### Gospel - Luke 5:1-11; Luke 10:16-21

At that time, as the multitude pressed about Jesus to hear the word of God, He stood by the Lake of Gennesaret, and saw two boats standing by the lake; but the fishermen had gone from them and were washing *their* nets. Then He got into one of the boats, which was Simon's, and asked him to put out a little from the land. And He sat down and taught the multitudes from the boat.

When He had stopped speaking, He said to Simon, "Launch out into the deep and let down your nets for a catch."

But Simon answered and said to Him, "Master, we have toiled all night and caught nothing; nevertheless at Your word I will let down the net." And when they had done this, they caught a great number of fish, and their net was breaking. So they signaled to *their* partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink. When Simon Peter saw *it*, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord!"

For he and all who were with him were astonished at the catch of fish which they had taken; and so also *were* James and John, the sons of Zebedee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid. From now on you will catch men." So when they had brought their boats to land, they forsook all and followed Him.

The Lord said to His disciples, "He who hears you hears Me, he who rejects you rejects Me, and he who rejects Me rejects Him who sent Me."

Then the seventy returned with joy, saying, "Lord, even the demons are subject to us in Your name."

And He said to them, "I saw Satan fall like lightning from heaven. Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you. Nevertheless do not rejoice in this, that the spirits are subject to you, but rather rejoice because your names are written in heaven."

In that hour Jesus rejoiced in the Spirit and said, "I thank You, Father, Lord of heaven and earth, that You have hidden these things from *the* wise and prudent and revealed them to babes. Even so, Father, for so it seemed good in Your sight."

### Communion Hymn

Praise the Lord from the heavens,\* praise Him in the highest. (*Psalm 148:1*).\* Their utterance has gone forth into all the earth,\* and their words unto the ends of the world.\* Alleluia, alleluia, \* alleluia.

## Who cannot accept Holy Communion in the Catholic Church?

### It is forbidden by Church Law and the Will of the Lord Jesus Christ to accept Holy Communion for:

Unbaptized people.

People that did not have Holy Confession in preparation for Easter.

Heretics.

People that are in a state of sin: unmarried couples, homosexual couples, lesbian couples, public fornicators.

People that agree, support and propagate abortions.

Any baptized person that is in a state of a mortal sin.

In general, all these people are welcomed to church, but at Liturgy service **CAN NOT** come to Holy Communion. Repentance of the sins is needed! Church is the Spiritual Hospital that can heal any spiritual illness if the person wants to be healed. If people do not change any occasions that provide opportunities to sin, those people have NO good will to make peace with God and follow His will. By this way a person is in opposition to Holy God and that is why he or she cannot touch the Holy Sacrament of Holy Communion (Holy Body and Blood of Jesus Christ).