

PARISH BULLETIN - March 19th, 2023

4th Sunday of Lent - St. John Climacus

4-та Неділя Посту

**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

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 - \$1,335.35

Votive Candles - \$42.75

For the Poor - \$20.00; Clergy Benevolent Fund - \$110.00

Goods and Services - \$116.81

DATE:	TIME OF SERVICE:	INTENTION:	OFFERED BY:
Saturday, March 18 th	5:00 PM (Eng.)	+ Jesse Edwards	Marc Beauchamp and Family
Sunday, March 19 th	9:30 AM (Eng.)	For the deceased members of the Vander Vloet and Meeuwssen families	From the Estate of Frank J Vander Vloet
Sunday, March 19 th	1:00 PM (Ukr.)	Health & God's Blessings for Miroslawa Winnicka and Anna Mazur	Family
Thursday, March 23 rd	9:00 AM (Eng.)	+ Erin Beahen	Mary Mitro
Friday, March 24 th	6:00 PM (Eng.)	Stations of the Cross and Lenten Memorial Service	-----
Saturday, March 25 th	9:00 AM (Eng.)	The Annunciation of Our Most Holy Lady, the Mother of God and Ever-Virgin Mary + Greg Beauchamp	Emilienne Phillion

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

NOTE:

If you wish to place your message or announcement into our weekly parish bulletin,
Please sent it by email to the office at pastor@stgeorgessarnia.ca by no later than 3:00 p.m. on Wednesday.

Coffee and Fellowship After Divine Liturgy.
Come join us!

Stations of the Cross and Lenten Memorial Service - every Friday, at 6:00 p.m.

Please give Fr. Bohdan the names of those whom you wish to remember in these services.



Lambton Right to Life invites You! Our **40 Days for Life** campaign begins on Wednesday, **Feb. 22nd until April 2nd**. Anyone is welcome to join us from 7 a.m. to 7 p.m. on London Rd. outside of Bluewater Health. Pray in silence for an End to Abortion & Euthanasia, for Respect for ALL Life. For more info. see 40daysforlife.com or email Deacon John at johnnylammers62@outlook.com



Consider coming to Church a few minutes earlier (prior to the Sunday Divine Liturgy)
to join us every Sunday in praying the Holy Rosary for our Parish Family,
as a Parish Family at 9:05 am.
Keep praying the Holy Rosary as part of your daily prayer life.

*God promises us freedom from oppression, especially the oppression of sinful habits and the work of the evil one who tries to rob us of faith, joy, and peace with God.
The Lord invites us, as he did this boy's father, to pray with expectant faith. Do you trust in God's unfailing love and mercy?*

“Everything is possible for one who believes.”



GOSPEL REFLECTION: Mark 9: 17-31

In today's Gospel, the fourth Sunday of the Great Lent, an interesting dialogue occurs between Jesus and the father of the ill son. The father approaches the Lord with a doubtful heart and says: "If you can do anything, have compassion on us and help us." The Lord reprimands him for his lack of faith. The father says: "I believe. Lord, help me in my unbelief." Neither the father's pain, nor all that he had heard about Christ were enough for him to have strong faith. The father was in a state of little faith. Many of us, at times, live with little faith. We may have doubts about some things. When all is going well in our lives, when there is peace, when God showers us with many blessings, then everything is stable. However when difficulty appears - a sickness in our family, an unexpected death, a financial problem, - we become shaken and our faith is diminished. Sometimes we may reach the state of not having any faith at all. It is our faith in Christ that determines the amount of power we shall receive from Him. However the father in today's gospel did not stop with his little faith. He appealed immediately for the Lord to help him with the words: "Help my lack of faith." The prayer that appeals for faith to be strengthened at times of serious difficulties is one of the

most powerful prayers. Such prayers have been experienced by many. Many times we have received power from on high when we have asked the Lord to strengthen our faith. Our compassionate Lord awaits such a prayer and responds to it, giving His grace and assistance.

So at difficult times, let us have no doubts. Let us take refuge in our Savior and Redeemer and say with humility: "Lord, Help my unbelief."



The Forth Sunday of Great Lent

Father Thomas J. Loya

THE SAINT whom we commemorate on the fourth Sunday of Great Lent, our venerable Father Saint John Climacus, likened the practice of the virtues in the light of God's love to a great spiritual ladder, the rungs of which bring us closer to the one thing that we desire the most: divinization, becoming like God and being united with Him forever.

Yet it seems at times as though our spirits are imprisoned in our bodies and our earthliness shackles us from our divine ascent. For this we need to engage ourselves fully in Christian asceticism. This does not mean that we must hate the body or the things of this earth. Rather it implies that stripping away the excess layers of selfishness which blind our vision, we see the things of this earth and our own flesh as imbued with the presence of God.

Our vision is clearer through the eye of the contemplative who sees things as they really are with true value and meaning. Things are perceived not merely as items for consumption, but they are seen as somehow manifesting the glory of God. The contemplative sees God not as One Who has rejected earthliness, but rather as One Who has become incarnate and Who therefore deified our nature. John Climacus prayed and fasted because he had a vision of holiness, a sense of unity with God.

Our asceticism will likewise be blessed and fruitful during this Great Fast season only if it be rooted in the realization that God has so loved us. Like John Climacus, we must construct our own ladder of divine ascent, for this is the only pathway to inner peace whereby we can arrive at the place of genuine love we so desperately desire.

*"Hearing the voice of the Gospel of the Lord, O holy Father John Climacus...
you have cried out to all: "Love God, and you shall find eternal grace.
Set nothing higher than His love..."*

From the Vespers of the 4th Sunday of Great Lent

St John of the Ladder (d. 649) 30 March *Summary: St John* was a 7th century Christian monk on Mount Sinai. His nickname (“of the Ladder”, Greek *της Κλίμακος*, Latin *Climacus*) comes from his classic spiritual work in ascetical literature which he wrote entitled ‘*The Ladder of Paradise or The Ladder of Divine Ascent.*’

As the icon above implies, the “ladder” by which one reached Paradise had 30 rungs - or difficult stages - one had to deal with and at every stage there would be a devil ready and willing to pull you down, especially if you were in any way complacent or presumptuous. *The Ladder of Paradise* is read in Orthodox monasteries during Lent.

Early life: Little is known for definite about John’s early life. He was born in Palestine. Some say that he became a monk on Mt Sinai at the age of sixteen and afterwards lived as a solitary in different places in the Arabian Desert. Others say he was married in early life and became a monk on the death of his wife and that after some years in community, he then became a hermit, coming together with other hermits to church only on Saturday and Sunday.

Abbot of Mt Sinai: John was already seventy when he was made abbot of Sinai, and four years later he resigned to prepare in solitude for his death.

The Ladder to Paradise: John’s fame comes mainly from a work he wrote that was much read in East and West entitled *The Ladder to Paradise*. This work treats of the way to union with God and moral perfection to be reached by a ladder of the following thirty “rungs” into which the book is divided:

1. Renunciation of the world
2. Detachment
3. Exile
4. Obedience
5. Penitence
6. Remembrance of death,
7. Mourning
8. Placidity and meekness: dealing with anger
9. Malice
10. Slander
11. Talkativeness and silence
12. Falsehood
13. Despondency
14. Gluttony
15. Chastity
16. Avarice
17. Poverty
18. Insensitivity
19. Sleep, prayer and the singing of psalms in church
20. Alertness
21. Unmanly fears
22. Vainglory
23. Pride
24. Meekness, simplicity, guilelessness, and wickedness
25. Humility
26. Discernment
27. Stillness
28. Prayer
29. Dispassion (*Apatheia*, or “passive disinterestedness”)
30. Faith, hope, and love

The ladder as inspiration and emblem: The idea of the spiritual life as a ladder has inspired artists to develop interesting illustrations to motivate those on the spiritual journey and as an emblem of the saint himself. His feast is on 30th March.

Metropolitan Stefan's Great Fast Meditation For the Fourth Sunday of Great Lent

The Gospel tells us of a time when Jesus returns from the mountain top to find his apostles baffled, helpless, and ineffective. The apostles had fallen into despair and could not help the father with his ill son. Jesus later explains to them that this kind of cure demanded prayer. The apostles had been equipped with power, but needed prayer to maintain it. Great Fast awakes us to rekindle our relationship with God through more fervent and steadfast prayer.

Do we take our relationship with the Lord for granted, seeking Him when we are challenged or hurting, and presuming His presence in times of stability and joy? Do we harbor doubts as to the power of the Lord's help? When coming face to face with Jesus, the father of the ill boy exclaimed, "I do believe!

Help my lack of trust!" (Mk 9:24). To approach anything in the spirit of hopelessness is to make it hopeless. To approach anything in the spirit of faith is to make it a possibility. Participating within a community of faith which is vibrant in its prayer life is the surest way to ensure living in the spirit of hope. Your parish offers the gift of growing and sharing in prayer life. We come to realize the need for one another in our journey of faith. We come to realize the power of Christ's presence and His healing when journeying with others in shared prayer. Rekindle your relationship of prayer with Christ together with your fellow brothers and sisters in Christ within your parish this Great Fast!



PROLIFE REFLECTIONS

"You created my inmost being; you knit me together in my mother's womb. I praise you because I am wonderfully made; awesome are your works" (Psalm 139:13-14).

Reflection: This psalm not only declares that God made us in the womb, but also that the life in the womb belongs completely to him, is called by him, and is destined to fulfill a plan given only to that individual from all eternity.

Prayer: Lord, what kind of an act is it to destroy a life by abortion? Forgive those who deny the child's right to live, and destroy your intricate handiwork and plan initiated from all eternity. Amen.

ROYAL DOORS

ENGLISH LANGUAGE RESOURCES
FOR UKRAINIAN GREEK CATHOLICS

Royal Doors - royaldoor.net

Royal Doors was launched as a website to provide English language resources for Ukrainian Greek Catholics in July 2011. We hope to have an ever-growing collection of catechetical resources, liturgical services, "how to" videos, news articles, and many other items that will serve the needs of the Church. *Royal Doors* is an unofficial site. We submit to the authority of our Patriarch, Sviatoslav, the Synod of Bishops of the UGCC, and, through their communion with the Holy Father, to Pope Francis. We promise to strive to present Church teachings accurately. If you believe that we have failed or could do better, please contact us - we are very open to hear from you.

Royal Doors was initially conceived by Fr. Andriy Chirovsky, founder and professor of the Metropolitan Andrey Sheptytsky Institute of Eastern Christian Studies at Saint Paul University in Ottawa, Canada, Fr. Michael Winn (Archeparchy of Winnipeg), Fr. James Bankston (Eparchy of Chicago), and Fr. Bohdan Nahachewsky (Eparchy of Edmonton). Presently, it is run by Fr. Michael Winn and Fr. Roman Planchak (Eparchy of Edmonton) with contributions from many others.

Your own example has more power than thousands of words, thousands of reposts, leaflets and videos on YouTube.

The Annunciation of the Blessed Virgin Mary - March 25th



According to the Gospel of Luke 1: 26-38, the Archangel Gabriel appeared in the home of the righteous Joseph while Mary was reading the Holy Scriptures. He came to Her and said that the Blessed Virgin had been chosen to be the Mother of Our Lord “Hail Mary, full of grace, the Lord is with thee: blessed art thou among women’ Mary was confused at the message that was given to her, and wondered what manner of greeting this might be. But the Archangel said to her “Do not be afraid, Mary, you have found favour with God. You will be with the child and give birth to a son, and you are to give him the name Jesus. He will be great and will be called the Son of the Most High. The Lord God will give Him the throne of his father David, and He will reign over the house of Jacob forever; His kingdom will never end, “Virgin Mary was confused and asked: “How can this be, when I am not married” The Archangel answered, “the Holy Spirit will come into you and the strength of the All Powerful One will come upon you, therefore the Sacred born will be named Son of God.” Virgin Mary with humility answered, I am the Lord’s servant. Let it be me as you have said.” And the Archangel left her. The annunciation of the Most Holy Virgin Mary is observed on March 25.

DID YOU KNOW?

- The services of the feast of the Annunciation are taken even if it should fall on Palm Sunday, Great Friday, or on the feast of the Resurrection.
 - In the church of the Annunciation, in Kiev, Prince Yaroslav the Wise consecrated the whole Ukrainian nation to the patronage of the Mother of God in 1037.
 - Gabriel (from the Hebrew, meaning ‘God is holy’) is one of the seven archangels who lead the heavenly host.
 - The word “angel” comes from the Greek for “messenger”. Angels are ready to move instantly in the service of God. Wings suggest their readiness to go wherever God sends them.
 - Rays of light are often used in highlighting angelic robes to suggest their immaterial existence.
 - The angel’s raised right hand signifies the words: “Hail, you who are filled with grace, the Lord is with you”.
 - Because Mary is the meeting place of heaven and earth, the Annunciation icon is always placed on the royal doors.
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- In all Annunciation icons Mary is on the right.
 - In all Annunciation icons the Archangel Gabriel is on the left.
 - The partially revealed dark sphere is the symbol of heaven.
 - Rays of divine power radiate from the sphere toward Mary.
 - Before the royal doors each baptized person receives the body and blood of Christ;
 - With the annunciation, Mary received God, body and soul. When receiving communion we do the same.
 - The burning bush reveals that God will become human, without destroying humanity when Mary says “Yes.”
 - Mary is holding the scarlet and purple yarn that was to be used to make the veil for the Holy of Holies in the Jerusalem Temple.
 - The task of needlework is put aside as Mary agrees to be the Temple of God.
 - From this moment, Mary will be the Theotokos, the God-Bearer.



The New Testament and our salvation began with the mystery of the Annunciation.

The “Good News” is the name of this feast, and it is also the meaning of the word “gospel.” Luke introduces us into the greatest mystery of our faith: God becoming one of us. Humankind had waited thousands of years for the good news of the Archangel concerning the incarnation of the Son of God.

Heaven, earth, and the righteous souls of the dead awaited this good news.

On this day God fulfilled his promise to send a redeemer, for on this day the “Word was made flesh and dwelt among us.” (John 1:14)

THE ANNUNCIATION OF OUR MOST HOLY LADY, THE THEOTOKOS AND EVER-VIRGIN MARY

When the All-Holy Virgin completed the fourteenth year after her birth and was entering her fifteenth year, after having spent eleven years of living and serving in the Temple of Jerusalem, the priests informed her that, according to the Law, she could not remain in the Temple but was required to be betrothed and enter into marriage. What a great surprise to the priests was the answer of the All-Holy Virgin that she had dedicated her life to God and that she desired to remain a Virgin until death, not wanting to enter into marriage with anyone! Then, according to Divine Providence, Zacharias, the high priest and father of the Forerunner, under the inspiration of God, and in agreement with the other priests, gathered twelve unwed men from the Tribe of David to betroth the Virgin Mary to one of them to preserve her virginity and to care for her. She was betrothed to Joseph of Nazareth who was her kinsman. In the house of Joseph, the All-Holy Virgin continued to live as she did in the Temple of Solomon, occupying her time in the reading of Sacred Scripture, in prayer, in Godly-thoughts, in fasting and in handiwork. She rarely went anywhere outside the house nor was she interested in worldly things and events. She spoke very little to anyone, if at all, and never without special need. More frequently she communicated with both of Joseph's daughters. When the fullness of time had come, as prophesied by Daniel the Prophet, and when God was pleased to fulfill His promise to the banished Adam and to the Prophets, the great Archangel Gabriel appeared in the chamber of the All-Holy Virgin and, as some priestly writers wrote, precisely at that same moment when she held open the book of the Prophet Isaiah and was contemplating his great prophecy: "Behold, the virgin shall be with child, and bear a son!" (Isaiah 7:13). Gabriel appeared in all of his angelic brightness and saluted her: "Rejoice, highly favored one! The Lord is with you" (St. Luke 1:28), and the rest in order as it is written in the Gospel of the saintly Luke. With this angelic annunciation and the descent of the Holy Spirit upon the Virgin, the salvation of mankind and restoration of all creation began. The history of the New Testament was opened by the words of the Archangel Gabriel: "Rejoice, highly favored one" This is to imply that the New Testament was to signify joy to mankind and to all created things. It is from this that the Annunciation is considered not only a great feast, but a joyful feast as well.

The Prologue from Ohrid

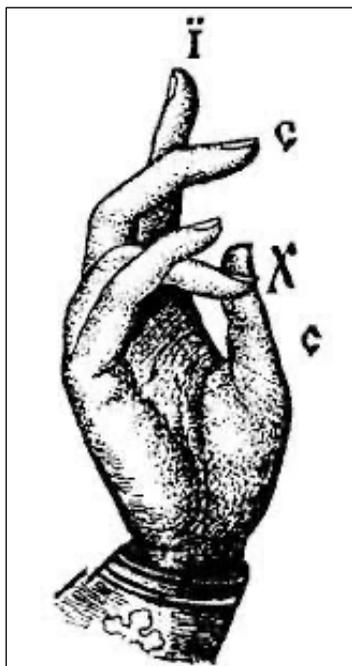


It's time to reflect. . .

Reflect, today, upon the motivation you have in coming to Jesus. Yes, come to Him when things are not well, but reflect upon the essential truth of faith that you must make it your daily habit to come to Him in all things as a result of the deep and unwavering faith you have and the love you have for Him. This form of faith will bring joy to the heart of our Lord and will transform you so that a good life will be even better.

*All-powerful Lord, may I come
to You in all things. May I love
and serve You when life is good,
and may I trust You with an
unwavering trust when life is
challenging. Increase my faith
and help me to manifest that faith every day of my life.*

Reflect, today, upon the heavy burdens that others carry in life. When you see them and are made aware of their struggles, what is your reaction? Do you turn from them and run from their struggle? Or do you turn towards them, fully embracing the cross they carry. Seek to imitate Simon's act of carrying the Cross. Seek to imitate our Blessed Mother's burning desire to do the same with perfect love. Do so without hesitation and you will discover the sweetness of the Cross of Christ as you alleviate another's burden. Are you ready to lose all for Jesus Christ in order to gain all with Jesus Christ?



DID YOU KNOW?

Many times, during our liturgical services we hear in the church the words of blessing by priest: *“Peace be with you all”* and others, in reply to them we receive the blessing with reverence and make the sign of the Cross. Bishops and priests sign us with the sign of the Cross. This is called a blessing. This means that through the priest our Lord Jesus Christ Himself blesses us.

The priest’s (or bishop’s) fingers spell out the first and last letters of the name “Jesus Christ” (ICXC) (ХРИСТОС). We read the abbreviation starting from the index finger. It is easiest to envision the letters if we are looking at the back of the hand and reading left to right.

The index finger looks like (I). The ring finger is bent to look like “C”. The thumb and 4th finger form an “X”. The little finger is also bent to look like a “C.”

It is by the name of Jesus that we are saved and receive blessings: *“And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him”* (Col 3:17).

The sign is most frequently seen in iconographic images of Christ, which appeared in our churches in the form of mosaics, stained glass windows, relief sculptures, and paintings. One of the most common of such images is the Christ Pantocrator from Greek - Christ Almighty, which depicts Christ, with his left arm hugging the gospels to his chest and his right hand raised in the sign of blessing. It is important to note that this gesture is always made with the right hand, as this is the hand with which one blesses, according to Christian doctrine.

CALLED TO LIFE - CALLED TO LOVE

Henri J. M. Nouwen

“So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first to be reconciled to your brother or sister, and then come and offer your gift.” (Mt 5:23-24)

How can we forgive those who do not want to be forgiven? Our deepest desire is that the forgiveness we offer will be received. This mutuality between giving and receiving is what creates peace and harmony. But, if our condition for giving forgiveness is that it will be received, we seldom will forgive! Forgiving the other is first and foremost an inner movement. It is an act that removes anger, bitterness, and the desire for revenge from our hearts and helps us to reclaim our human dignity. We cannot force those we want to forgive into accepting our forgiveness. They might not be able or willing to do so. They may not even know or feel that they have wounded us.

The only people we can really change is ourselves. Forgiving others is first and foremost healing our own hearts.

What forgiving have you delayed? Can you do it now?

Quotes from the Saints

“The future starts today, not tomorrow.” St. John Paul the Great

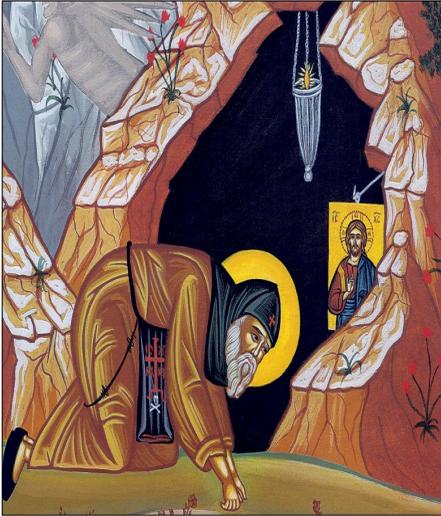
“The Lord is loving unto man, and swift to pardon, but slow to punish. Let no man therefore despair of his own salvation.” St. Cyril of Jerusalem

“You will never be happy if your happiness depends on getting solely what you want. Change the focus. Get a new center. Will what God wills, and your joy no man shall take from you.” Venerable Fulton Sheen

“Be who God meant you to be and you will set the world on fire!” St. Catherine of Siena

THE PRAYER OF ST. EPHREM

The Prayer of St. Ephrem is taken in the Byzantine Church during the Liturgy of the Presanctified (Liturgy of Pope St. Gregory the Great, taken by both Catholic and Orthodox alike during this period), during all services of the Divine Office during Lent and at various other times during the day recommended at morning, noon, evening - upon arising and before retiring for night.



Lenten Prayer of St. Ephrem

O Lord and Master of my life,
keep from me the spirit of indifference and discouragement, lust for power, and idle chatter. **(Prostration)**
Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience and love. **(Prostration)**
O Lord and King, grant me the grace to be aware of my sins and not to judge my neighbour, for You are blessed, now and for ever and ever. Amen. **(Prostration)**

(Then with a simple bow the following is repeated four times)

God, be merciful to me, a sinner.

God, cleanse me of my sins and have mercy of me.

I have sinned without number, forgive me, O Lord.

Then the entire Prayer of St. Ephrem is recited without the usual prostrations.

One prostration is made at the end.

Born in Nisibis, Mesopotamia, he was baptized as a young man and became famous as a teacher in his native city. When the Christian emperor had to cede Nisibis to the Persians, Ephrem fled as a refugee to Edessa, along with many other Christians. He is credited with attracting great glory to the biblical school there. He was ordained a deacon but declined becoming a priest. Ephrem was said to have avoided presbyteral consecration by feigning madness!

He had a prolific pen, and his writings best illumine his holiness. Although he was not a man of great scholarship, his works reflect deep insight and knowledge of the Scriptures. In writing about the mysteries of humanity's redemption, Ephrem reveals a realistic and humanly sympathetic spirit and a great devotion to the humanity of Jesus. It is said that his poetic account of the Last Judgment inspired Dante.

It is surprising to read that he wrote hymns against the heretics of his day. He would take the popular songs of the heretical groups and using their melodies, compose beautiful hymns embodying orthodox doctrine. Ephrem became one of the first to introduce song into the Church's public worship as a means of instruction for the faithful. His many hymns have earned him the title "Harp of the Holy Spirit."

Ephrem preferred a simple, austere life, living in a small cave overlooking the city of Edessa. It was here that he died around 373.

Молитва Св. Єфрема

Господи і Владико життя мого! Духа лінивства, без надійности, владолюбства і пустомовства не дай мені **(доземний поклін)**.

Духа ж чистоти, смиренномудрости, терпеливості і любові дай мені, рабові Твоєму **(доземний поклін)**.

Так, Господи Царю! Дай мені бачити провини мої і не осуджувати брата мого, бо Ти благословенний на віки віків. Амінь **(доземний поклін)**.

Боже, очисти мене, грішного **(з малим поклоном 12 разів)**.

(Знова прочитати молитву повністю до кінця, і доземний поклін)



PRAYER FOR UKRAINE

*Give comfort to those who suffer because of the violence.
Give comfort to those who mourn their dead, and strength to neighboring countries to welcome the refugees.
Convert the hearts of those who resort to arms and protect those who work to promote peace.
God of hope, inspire leaders to choose peace instead of violence and to seek reconciliation with enemies.
Inspire compassion in the universal Church for the Ukrainian people and give us hope for a future of peace based on justice for all.
We ask this through Jesus Christ, Prince of Peace and Light of the world. Amen.*

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 tosaveukraine@stgeorgessarnia.ca

МОЛИТВА ЗА МНОГОСТРАЖДАЛЬНИЙ УКРАЇНСЬКИЙ НАРОД У ЧАС ВІЙНИ

Господи Ісусе Христе Боже наш, благаємо Тебе, вислухай щирю молитву Твоєї улюбленої Церкви Київської Русі за важко страждаючих дітей українського краю. Сподівайся милостивим оком на їх лихоліття та ласкаво поспіши на допомогу. Звільни свій беззахисний народ від несправедливих загарбників, нашествия агресорів та терору війни. Зміцни силою Твоєю 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.



[Statue of St. Michael the Archangel that stands above Kyiv's Independence Square.](#)

[St. Michael is patron saint of the Ukrainian capital.](#)

ST. MICHAEL THE ARCHANGEL Defend people of Ukraine in battle; be their defence against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and to you, O Prince of the heavenly host, by the power of God, thrust into hell Satan and the other evil spirits who are trying to invade Ukraine. Amen.



Sunday, March 19, 2023

Fourth Sunday of the Great Fast: St. John Climacus. Octoechos Tone 8;
The Holy Martyrs Chrysanthus and Daria (253-60)

Great Fast Day 28.

Troparia and Kontakia

Troparion, Tone 8: You came down from on high, O Merciful One,* and accepted three days of burial* to free us from our sufferings.* O Lord, our life and our resurrection,* glory be to You.

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 for ever 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 8

Pray and give thanks to the Lord our God.

verse: In Judea God is known; His name is great in Israel. (Psalm 75:12,2)

Prokeimenon, Tone 7

The venerable ones will exult in glory* and they shall be joyful in their beds. (Psalm 149:5)

Epistle - Hebrews 6:13-20; Ephesians 5:9-19

A reading from the Epistle of the Holy Apostle Paul to the Hebrews.

Brethren, when God made a promise to Abraham, because He could swear by no one greater, He swore by Himself, saying, “Surely blessing I will bless you, and multiplying I will multiply you.” And so, after he had patiently endured, he obtained the promise. For men indeed swear by the greater, and an oath for confirmation *is* for them an end of all dispute. Thus God, determining to show more abundantly to the heirs of promise the immutability of His counsel, confirmed *it* by an oath, that by two immutable things, in which it *is* impossible for God to lie, we might have strong consolation, who have fled for refuge to lay hold of the hope set before *us*.

This *hope* we have as an anchor of the soul, both sure and steadfast, and which enters the *Presence* behind the veil, where the forerunner has entered for us, *even* Jesus, having become High Priest forever according to the order of Melchizedek.

Brethren, the fruit of the Spirit *is* in all goodness, righteousness, and truth, finding out what is acceptable to the Lord. And have no fellowship with the unfruitful works of darkness, but rather expose *them*. For it is shameful even to speak of those things which are done by them in secret. But all things that are exposed are made manifest by the light, for whatever makes manifest is light. Therefore He says:

“Awake, you who sleep,
Arise from the dead,
And Christ will give you light.”

See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil.

Therefore do not be unwise, but understand what the will of the Lord *is*. And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord.

Alleluia, Tone 8

verse: Come, let us rejoice in the Lord; let us acclaim God our Saviour.

verse: Let us come before His countenance with praise and acclaim Him with psalms. (Psalm 94:1,2)

verse: They who are planted in the hose of the Lord shall flourish in the courts of our God. (Psalm 91:14)

Gospel - Mark 9:17-31; Matthew 4:25-5:12

At that time, one of the multitude came to Jesus, bowed before Him, and said, “Teacher, I brought You my son, who has a mute spirit. And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not.”

He answered him and said, “O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me.” Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth.

So He asked his father, “How long has this been happening to him?”

And he said, “From childhood. And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us.”

Jesus said to him, “If you can believe, all things *are* possible to him who believes.”

Immediately the father of the child cried out and said with tears, “Lord, I believe; help my unbelief!”

When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it: “Deaf and dumb spirit, I command you, come out of him and enter him no more!” Then *the spirit* cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, “He is dead.” But Jesus took him by the hand and lifted him up, and he arose.

And when He had come into the house, His disciples asked Him privately, “Why could we not cast it out?”

So He said to them, “This kind can come out by nothing but prayer and fasting.”

Then they departed from there and passed through Galilee, and He did not want anyone to know *it*. For He taught His disciples and said to them, “The Son of Man is being betrayed into the hands of men, and they will kill Him. And after He is killed, He will rise the third day.”

At that time, great multitudes followed Him—from Galilee, and *from* Decapolis, Jerusalem, Judea, and beyond the Jordan.

And seeing the multitudes, He went up on a mountain, and when He was seated His disciples came to Him. Then He opened His mouth and taught them, saying:

“Blessed *are* the poor in spirit,

For theirs is the kingdom of heaven.

Blessed *are* those who mourn,

For they shall be comforted.

Blessed *are* the meek,

For they shall inherit the earth.

Blessed *are* those who hunger and thirst for righteousness,

For they shall be filled.

Blessed *are* the merciful,

For they shall obtain mercy.

Blessed *are* the pure in heart,

For they shall see God.

Blessed *are* the peacemakers,

For they shall be called sons of God.

Blessed *are* those who are persecuted for righteousness' sake,
For theirs is the kingdom of heaven.

“Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. Rejoice and be exceedingly glad, for great *is* your reward in heaven, for so they persecuted the prophets who were before you.

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. (Psalm 148:1)* The just man shall be in everlasting remembrance;* of evil hearsay he shall have no fear.* Alleluia, alleluia,* alleluia. (Psalm 111:6)



Basic Guidelines for Reception of Holy Communion:

- 1) You are a member of the Catholic Church (Orthodox faithful are welcome to receive Holy Communion).
- 2) You have participated in the Sacrament of Confession at least during the Easter or Christmas seasons this past year if not more frequently.
- 3) You attend Divine Services regularly.
- 4) Your lifestyle is consistent with the teaching of the Catholic Church.
- 5) You have kept the Liturgical fast - no food at least one hour prior to the Divine Liturgy (water and medicine does not break the fast).
- 6) You have been in church from the beginning of the service, or at least heard the Gospel.
- 7) To the best of your ability, you are in the state of Grace.

*If for any of these or other reasons you cannot receive Holy Communion,
You are very welcome to come for a blessing.*

Please indicate to the priest that you would like to receive his blessing.

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.

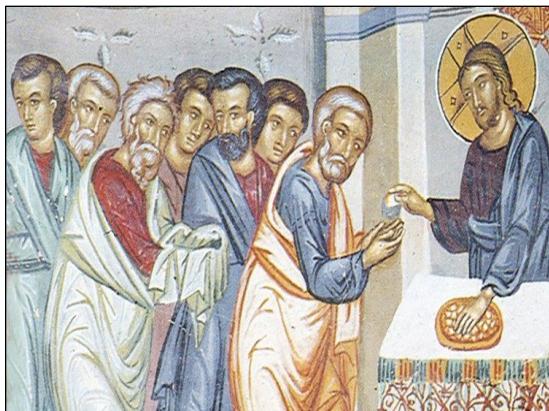
Heretics.

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).



Prayer of Spiritual Communion

My Jesus, I believe that You are present in these Holy Gifts!

I love You above all things and I desire to receive You into my soul.

Since I cannot receive You now, I place before You my whole life and hope, O loving Master; and I ask, pray, and entreat You:

Make me worthy to partake in a mystical way and with a pure conscience of Your awesome and heavenly Mysteries:

For forgiveness of sins, for the pardon of offenses, for communion of the Holy Spirit, for the inheritance of the kingdom of heaven,

For confidence before You, and not for judgment or condemnation.

I embrace You as You enter and abide in me, and I unite myself completely to You.

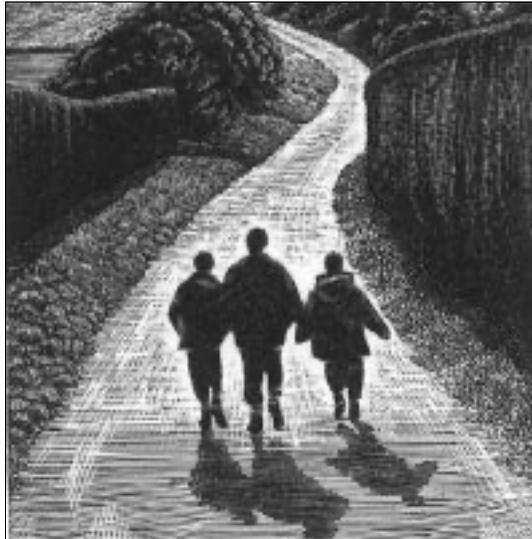
Permeate my soul and body,

and never permit me to be separated from You. Amen.

Мій Ісусе! Я вірю, що Ти присутній у цих Святих Дарів! Люблю Тебе над усе і моя душа тужить за Тобою. Не можу зараз Тебе прийняти в Євхаристії, тому хоча б духовно прийди до мого серця! Запрошую Тебе, відчиняю навстіж двері мого серця, згадаючи Твої слова: «Ось стою під дверима і стукаю. Якщо хто почує Мій голос і відчинить двері, Я ввійду до нього, і буду вечеряти з ним, а він зі Мною». Я весь єднаюся з Тобою. Ісусе, моє найвище Добро й моя солодка Любове! Торкнись мого серця і запали його, щоб воно завжди палало любов'ю до Тебе! Амінь.

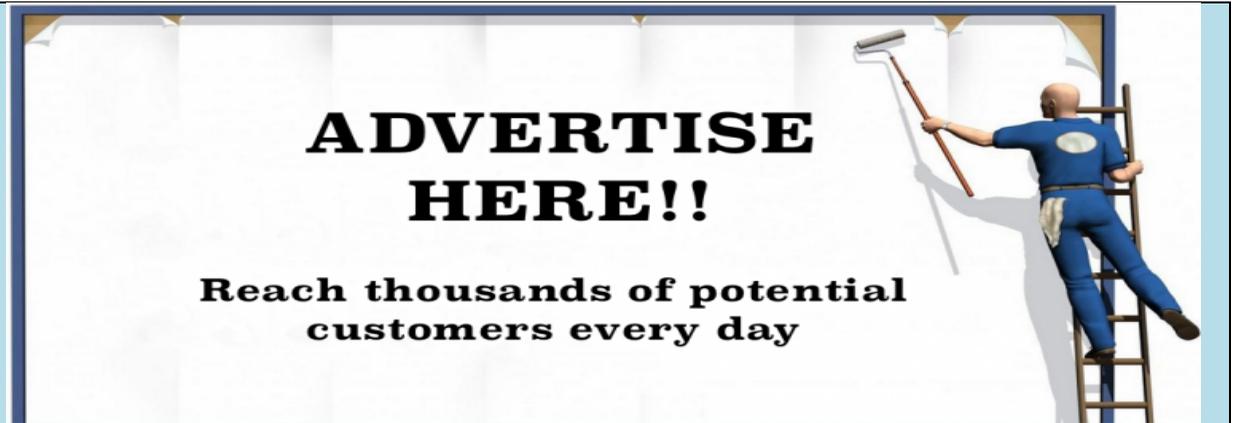
PRAYER FOR THE SICK AND SHUT'INS

O God and Father, we pray to restore physical health to our parishioners who are weakened with illness, peace to those troubled with worry, and comfort to those discouraged with problems. Help them find strength, faith and trust in You and a love for one another to guide them through any health challenge they may face. 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 or visit his website at www.spiritual-assistance.com



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