

# WE MADE IT!

We made it through the first week of the Great Fast! And look at you! You're still here! Lent will be over before we know it. So let's take a step further into the great mystery of the spiritual adventure that we are all on as a parish. We are in this together with the whole world! In fact hundreds of millions more are joining us tonight. Yes, millions of Ukrainian Catholics that adhere to the Julian (aka "Old") Calendar and almost all Orthodox Christians will enter the Lenten journey this evening - so that means another about 250 million! Hey, Lent is the biggest global movement right now and we are blessed to be a part of it! Lets

keep moving forward, hour by hour, day by day. If we stay the course and don't over exaggerate the hunger and sacrifice, and set our minds on so many great things that we can do. We now actually have more time and undistracted focus to think... read... write... accomplish... plan... pray.... see.... understand... It excites our imagination when all the possibilities come to mind. Let's keep going! Need help? Just ask! See someone that needs encouragement? Encourage! And, as the Lord said, "if someone wants your shirt, give him your coat as well! Someone wants you to go a mile with him, go two!" (Mt 5:40-41). What the heck. Life is short and we all need help and we need to help. We all want to draw closer to the Lord and we all want to clearly understand His Will for us. Let's help each other to achieve that - through prayer and fasting! This is the global season to try!



## Holy Eucharist Ukrainian Catholic Parish Українська Католицька Парафія Пресвятої Євхаристії

Web: [www.HolyEucharist.info](http://www.HolyEucharist.info)  
Church: 505 Watt St. - 'corner of Watt & Munroe'  
Office: 460 Munroe Ave. Winnipeg, MB R2K 1H4  
Hours: Monday - Friday, 8:30 AM - 4:00 PM  
Tel: 204.667.8866

Email: [heparish@gmail.com](mailto:heparish@gmail.com)  
Fax: 204.668.2024

Parish Auditorium: 505 Watt St.  
Tel: 204.654.4786

Parish Centre: 460 Munroe Ave.  
Tel: 204.661.5240

Remember to visit [www.archeparchy.ca](http://www.archeparchy.ca) website for news and information.

### LITURGICAL SERVICE SCHEDULE

**Divine Liturgy — Божественна Літургія**  
**Sunday - Неділя\***

**8:00 am - Українська 10:00 am - English**

**Weekdays - Будні (see inside page)**

**Confessions - Сповідь** - Prior to every Divine Liturgy

**Baptisms - Хрещення** - Contact the pastor

**Weddings - Вінчання** - Contact the pastor  
at least 6 months in advance

♦ occasionally subject to change—see back page

To request a Divine Liturgy or other service, please call the Parish Office.

## PARISH Contacts

Fr Michael Kwiatkowski 204-996-1310

Fr Edward Kwiatkowski 204-250-5210

Subdeacon Antin Sloboda 204-361-5071

Cantor: Dave Hrehirchuk 204-669-2068

Readers, Rosary & Ushers: 204-667-8866

Facility Rentals: 204.880.1334

Sacristans: Vadym Purtov 204-960-9027

Council Chair: Curtis Shupenia 204-668-2475

Property Management Chair:

Mike Kowalchuk 204-663-5363

Catechism: Pat Sirski 204-453-7678

Altar Servers - Ihor Purtov 204-417-9024

Brotherhood - Ron Aftanas 204-661-0025

U.C. Women's League - President:

Val Munson 204-667-7395

Seniors - Elsie Taylor 204-257-1630

Social Club: Milly Manitowich 204-668-8757

Perogy Hotline: **204-667-6304**

**HAVE A CONCERN? WANT TO GET MORE INVOLVED? LET US KNOW!**

**FOR A HOSPITAL VISIT, CALL THE CLERGY DIRECTLY** - Please don't procrastinate. If some one is taken to hospital let your priest know. Its quite unfair to wait until the person can not communicate or receive Holy Communion. Its called Anointing of the Sick - not "last rites"

**Temporary Parish Office Hours**  
**Monday thru Thursday -**  
**10:00 am to 1:00 pm**  
**Fridays - 1:00 pm to 4:00 pm**

*Please remember that if you do find yourself in the case of an emergency and/or need to get a hold of Father Michael and the office is closed—you can always call him directly at*

**204-996-1310**

The East End Tri-Parochial  
 Lenten Pilgrimage Mission is back!

**You** are invited to join the parishioners of  
 Holy Eucharist Parish (East Kildonan)  
 St. Michael Parish (Transcona)  
 St. Anne Parish (North Kildonan)  
 as they make a *pilgrimage* visit to each other for the

**2019 Holy Week Mission**  
 with Metropolitan-Emeritus  
**Archbishop**  
**STEFAN Soroka**



The first three days of Passion Week!

**Monday** - April 15 - **Holy Eucharist** (505 Watt Str) t. 204-667-8866  
 10:00 AM [Lenten Hours] and 7:00 PM [Presanctified Gifts]

**Tuesday** - April 16 - **St. Michael's** (400 Day Str) t. 204-222-4283  
 10:00 AM [Lenten Hours] and 7:00 PM [Presanctified Gifts]

**Wednesday** - April 17 - **St. Anne's** (35 Marcie Str) t. 204-667-9588  
 10:00 AM [Lenten Hours] and 7:00 PM [Presanctified Gifts]

- A different talk each day!
- Lenten Refreshments and Fellowship following each of the six events!
- Come every day! Come twice a day!
- Call the respective parishes for more information!

**SAVE THE DATES! PLAN TO ATTEND NOW!**

**“Come to the light!**  
**Come together!”**

Lets make this one of our Lenten goals this year - on a **practical** and a **spiritual** level! In fact... doing it on one level will result in it coming to be on the other. In our church and at parish meetings and events there is usually more light at the focus where the main aspect of the prayer or meeting is taking place. When we come to church - let us come right to the front—the place where the light is and the place were all the people *should* be. The same for meetings and events. Lets go right together were everyone is (*should be*) where the light is brightest. **Then... how much more effectively we will be able to hear and communicate and pray and sing together!** There are times when spiritually and socially we feel ‘outside the circle’ (Lk 18:13), but most times we need to be close to everyone and everyone **NEED**

**Жертводавство**

*“The portion of your blessings that you have returned to the Lord” For the Week of March 3, 2019*

1.	Envelopes (Mar. 3 2019)	\$1258.00
2.	Open	\$17.00
3.	Vigil Lights	\$27.30
4.	Sorokousty Services	\$310.00
5.	100th Anniversary Fund	\$174.00

**\$1786.50**

**Our Parish Bingo is held every Tuesday!**  
 Great fun, fellowship & Support



**Reminder:**

To all organizations please make sure to contact Carlene at Hall rentals for changes to meetings and please inform her of any meetings taking place or of any cancellations. It is very important to work together in order to not miss or overlap meetings.  
 Carlene - 204-880-1334



The Miraculous Icon is available to be taken to your home. Imagine... the prayerful presence of our loving mother in the heart of your home for a full week!

**March 10—March 16 Icon: Eleanor Smallwood**

Call Evelyn Tymchak **204-667-6791** today to reserve this beautiful experience for yourself and all you live at or visit your place

**SPIRIT NIGHT – Blessed Bishop and Martyr Vasyl Velychkovsky**

In 2001 Saint Pope John Paul II beatified 28 martyrs for the Ukrainian Catholic Church. Among them was Redemptorist Bishop, Vasyl Velychkovsky, who shared in their suffering under the atheist Soviet communist regime. His holy relics are enshrined in St. Joseph's Ukrainian Catholic Church in Winnipeg. We invite you to explore the life and faith of Blessed Vasyl. Presented by **Fr. John Sianchuk, CSSR** from the Ukrainian Catholic Archeparchy of Winnipeg on **Saturday, March 30, 2019**, starting at **7 pm**. Location: Family Room, Villa Aulneau, 601 Aulneau Street. Fellowship and refreshments to follow. Everyone welcome. No need to sign up. Feel free to bring a friend. For more information about Spirit Night, contact Dirk at [spiritnight@hotmail.ca](mailto:spiritnight@hotmail.ca).



Visiting our Parish? Just stepped in? Checking us out? Came with friends or family? That's great! **We are happy to have you with us today!** Listen, if you have questions or need help or just want to know more about us or want to join us formally just ask the person **beside you** and/or speak with our **Pastor, Fr Michael** and/or contact the **Parish Office. 204-667-8866.**

**PLEASE DO THIS! Please VISIT or, if you can't, then at least CALL:**

**At Home or Hospital:** Mary Schurko, Alice Lapka, Steve Romas, Nadia Kozoris, Betty Burak, Sandra Rychlicki, Marilyn Langan, Courtney Smerechynski, Ollie Kowalski, Ollie Kostyuk, Mary Kozubniak, Carlene Deptuch

**Bethania Personal Care Home:** Leonard Rybak

**Holy Family:** Ollie Smerek, Mary Horbal, Irene Omeniuk, Bill Simcoe, Helen Babiniec, Jennie Huchko, Anne Wach, Fr. V. Yakowchuk,

**Irene Baron Eden Personal Care Home:** Liz Simcoe

**Middle Church:** Olga Hnatiuk, Margaret Sawchuk, Alexander Roberecki

**Irene Baron Eden Personal Care Home:** Liz Simcoe **Maples Personal Care Home:** Joe Ewanochko

**Call our priests anytime for a Pastoral or Sacramental visit. Phone NUMBERS ON THE FRONT PAGE**



## **IMPORTANT! HOLY EUCHARIST 100 ANNIVERSARY HISTORICAL BOOK**

Good news! We are moving into the pre-final phase of the Centenary Book and **YOU** are invited to be an **IMPORTANT** part of it. The Book Committee is inviting families - IF THEY WOULD LIKE - to do a short family write up and include a family photo or two. This is for families **present AND past**. The write up may be whatever you would like written about your family in the book - names, significant family dates, involvement in the parish and elsewhere, accomplishments, etc. It may be very short or with a **few** details. OR... maybe just a favourite picture with a few details at the bottom. Photos may be any size but should be of good quality. It would make things SO MUCH EASIER if your information should be submitted electronically (not big into computers? Ask a granddaughter or neighbour) Yes, of course, exceptions will be made for written or typed submissions. We will scan/crop the photo and help with the typing where needed. If you want the photo back, write your name, address and phone on the back. To help with the cost of printing the book, it will cost you \$50.00 for a **half** page (about 7x4.5 inches) or \$100.00 for a **full** page (about 7x9 inches).

**Bonus!** If you place a paid write up, you will not only be supporting the history book project... you will be given a **free copy** of the Holy Eucharist Historical Book (which will likely sell for more than \$25). Place your write up, photo and cheque payable to Holy Eucharist Parish in an envelope and place it with the Sunday collection or give it to the Parish Office. Deadline is **March 17**.

## **Also IMPORTANT!**

### **PARISH**

### **CENTER RENEWAL PROJECT**

**March 17th at 11:45AM**

**right after the AGM**

**There will be a presentation in the Church Auditorium by**

**Mr. Andrew Wach, the Architect who was commissioned by the Parish Council to develop proposals for the Parish Center Renewal.**

**ALL ARE WELCOME TO ATTEND!**  
**And please... if you see yourself as making a contribution to the work of the Parish Center Renewal Committee, contact Fr. Michael**

## **Next Centenary Meeting**

**Monday, March 11, 2019 at**

**6:30 pm** in Parish Auditorium.

**100th Anniversary book meeting Thursday, March 14, 2019 from 2:00 pm to 3:30 pm** in Board Room (Parish Centre).

**Winnipeg Life's Vision presents our annual Pro-life lunch on Saturday, March 30, 2019 at 12pm at Holy Eucharist Parish Centre, 460 Munroe Ave in East Kildonan.** We are offering a free Pro-Life 101 Workshop from 9:30 to 11:30 am to provide skills on how to dialogue on life issues with your family, friends and neighbours. **Luncheon Keynote speaker Alissa Golob, co-founder of RIGHT Now, will address, "What do we need to know about having our voices heard in the upcoming Federal election? What are the issues?" The luncheon cost is \$25/person or a table of 8 for \$175.00.** Donations of NEW baby items are greatly appreciated and will be collected for Crisis Pregnancy Centre. **Contact Life's Vision at 204 233-8047 or email [lifesvision@shaw.ca](mailto:lifesvision@shaw.ca) to reserve your place.**

## **The Big 100!**

Save the dates: Join Holy Eucharist Parish in celebrating our 100 years!

**From Thursday June 20<sup>th</sup> to Sunday June 23<sup>rd</sup>, 2019 Holy Eucharist Parish will be having various events to celebrate this special anniversary. Please come for one or all of them: Divine Liturgies, Conference, Gala Dinner, BBQ and many more.**

Please check our website and our bulletins regularly for updates: [www.HolyEucharist.info](http://www.HolyEucharist.info)  
Tel: 204 668 8866

**LET'S MAKE THIS A CENTENNIAL CELEBRATION WHERE EVERYONE IS REMEMBERED, BECAUSE... EVERYONE GETS INVOLVED!**

Your family and the members of your organization should be remembered, so please - double-check that they are in some way.



## Lenten Services at Holy Eucharist

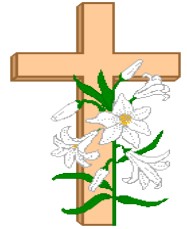
**Wednesdays** March 13, 20, 27 and April 3 & 10th 2019 at 5:30 pm Service of Presanctified Gifts.

**Fridays** March 15, 22, 29, April 5 & 12th 2019 at 5:30 pm Service of Presanctified Gifts, light supper and discussion to follow and 7:00 pm Way of the Cross.

**Sorokousty Services** for our deceased Family members will begin on **Saturday March 16, 2019 at 9:00 am**. Remember Sorokousty services are \$20.00. Please watch bulletin for any updates.

**Please call the Parish office with updates 204-667-8866.**

## GREAT AND HOLY FAST



### Lenten Services

The lenten services differ from the ordinary church services in that they include more prayers, more psalms and more readings, especially from the Old Testament. During lenten services the entire Psalter is read twice a week. Predominant throughout these services is the spirit of penance and sorrow for sins. The Lenten sticheras in Vespers and Matins either lament the fall of man into sin, summon us to penance and sorrow, extol the benefits of fasting and good works, or inspire us to master our senses and to practice virtue.

"Let us fast in a manner pleasing and acceptable to God," says one of the stichera of the aposticha in the Vespers of the first Monday, "genuine fasting is alienating oneself from evil, restraining the tongue, putting aside hatred, parting company with concupiscence, falsehood and the breaking of oaths, – abstaining from all these things is real fasting." In the aposticha of Matins of the first Monday, we sing: "The fast has arrived, the mother of purity, the discoverer of sins, the preacher of penance, the companion of the Angels and the salvation of man: Let us, the faithful, cry out: O God, have mercy on us."

### Lenten Penances and Prostrations

In the first centuries of Christianity the practice of public penance for various sins and offences prevailed in the Church. Following the wishes of the Church, many penitents performed their penance during the Great Fast. Just as the faithful adopted the Forty Days Fast from the catechumens, so too, under the influence of Church discipline they began to regard themselves as penitents and to perform various penitential acts during the Great Fast.

From this stems the profound penitential spirit of our lenten services. Closely connected with our lenten services are inclinations. These inclinations are made either by bowing from the waist or to the ground (the low, profound bow or prostration), and they are performed at all lenten services from Monday through Friday.

The prayer of St. Ephrem (+373) with accompanying prostrations merits special consideration. This prayer, repeated at every lenten service, can be regarded the official lenten penitential prayer of our Church, expressing, as it does, the whole content and purpose of the Great Fast. We give it here in its entirety:

O Lord and Master of my life, drive from me the spirit of discouragement, negligence, ambition and idle talk. (Prostration). "Grant me, your servant, the spirit of chastity, humility, patience and charity. (Prostration). "Yes, my Lord and King, grant me to see my own sins, and not judge my brother, for you are blessed forever, and ever. Amen. (Prostration).

The Kievan Metropolitan George (1073) in his "Rules" for priests and laity prescribes for all the faithful to make three hundred prostrations daily during the Forty Days Fast

### The Liturgy of the Presanctified Gifts

A typical lenten service is the Liturgy of the Presanctified Gifts. Already in the first centuries there was a custom during the Forty Days Fast to omit the celebration of the Divine Liturgy because, at that time, it was still linked with agape, that is the love banquet, and this was not in keeping with the spirit of fasting. Furthermore, the Divine Liturgy was regarded as a joyful mystery; for this reason, its celebration was limited to Saturday and Sunday. On the other days of the week, to give the faithful an opportunity to receive Holy Communion, the Divine Liturgy was replaced by other services, from which the Liturgy of the Presanctified Gifts developed in time.

Actually, this is not a Liturgy in the sense of the word, for it does not have the consecration of bread and wine; but rather, it is a Vespers service combined with the rite of Holy Communion, for which the bread was previously consecrated. Hence the name of Presanctified Gifts. The Council of Laodicea (c. 364) prescribed: "It is not permitted during the Great Fast to offer up the Bread (that is the Holy Liturgy), except on Saturday and Sunday" (rule 49).

The Sixth Ecumenical Council of Trullo (691) decreed: "On all the days of the Great Fast, with the exception of Saturday and Sunday, and the feast of the Annunciation, the Liturgy of the Presanctified Gifts must be celebrated." (rule 52).

When the zeal of the first Christians gradually began to diminish and the custom of daily and frequent Holy Communion was abandoned, the Great Fast became also the time of preparation for a worthy reception of Holy Communion on the feast of the Pasch.

Lenten Sermons In former times, the faithful attended services even twice a day during the Great Fast. At these services, sermons were delivered. St. Basil the Great, during one week in lent, delivered in nine homilies a series of beautiful discourses on the "Hexameron" that is, on the six days of the creation of the world. It was then that he preached twice a day, in the morning and in the evening. He has left us two beautiful discourses on the meaning and benefits of fasting

<https://catholicukes.org.au/great-and-holy-fast/>

**Don't forget the Annual General Meeting is next Sunday directly after**

**10:00 am Divine Liturgy!!!!**

The Nominating Committee for 2018/2019 consists of the following members: Father Michael Kwiatkowski, John Petryshyn, Joan Lewandosky, and Carlene Deptuch.

On behalf of our committee I wish to extend our thanks to those who have agreed to take positions on our Parish Council and let their names stand for election.

We hereby submit the new Slate of Officers for the 2019/2020 Pastoral year. All those named have agreed to serve. Nominations from the floor will be accepted.

### **Slate of Officers for 2019/2020 Year**

**Parish Priest:** Father Michael Kwiatkowski

**Chairperson:** Curtis Shupenia

**\*Past Chairperson:** John Petryshyn

**\*Vice-Chairperson:** Karen Ewchuk

**\*Secretary:** Val Munson

**\*Finance Committee Chairperson:** Olesia Sloboda

**\*Property Management Committee Chairperson:**  
Michael Skalany

**\*Catechism Co-Ordinator:** Pat Sirski

**\*Members at Large (3):** Daniel Sirski, Matthew Bakan  
and Darcy Mickall

**\*Elder-Sacristan:** Ernie Hall      {\*Voting Positions}

Please find organization reports on our website beginning Tuesday, March 11, 2019.

### **Organization Chairs:**

**\*UCWLC: Representative**

**\*UCBC President: Ron Aftanas**

**Kildonan Horizons Chair: Elizabeth Kozoris**

**\*Seniors President: Elsie Taylor**

**\*Young Adults :Representative**

**100th Year Committee: Representative**

**\*Social Club President: Milly Manitowich**

**Busy Fingers Knitting Club: Mavis Kaluzny**

***A HUGE thank you to Ed Kaluzny for his beautiful handy work...once again ...amazing. He built all the new cocktail tables for the Parish Centre to offer our patrons and parishioners!! Thank you so much ED!!!!***

Join Us For The Annual

### **HOME OF HOPE Fundraising Breakfast**

Saturday, April 13, 2019—10:00 A.M.

Special guests: **Sisters from Ukraine!!**

***"Hear how you are helping***

***Keep young girls off the streets of Lviv"***

Holy Eucharist Parish Centre,

460 Munroe Ave.

Tickets are \$30.00 and can be purchased  
from the Parish office.



Sponsored by the UCWLC Archeparchy of  
Winnipeg



The UCWLC would like to thank everyone  
who helped to make the

"Annual Daffodil Tea" a beautiful success.

Our next monthly meeting will be on  
Wednesday, April 3, 2019.

The UCWLC will be preparing "Lenten Supper" on  
Friday, April 12, 2019. All those interested in helping  
please call Val at 204-997-5765.

***Thank you all once again!!!***

Kildonan Horizons Board is looking for new  
members. Please attend the AGM on Thursday,  
March 21 at 7 pm at the Parish Centre  
Multipurpose Room if you are interested. All are  
welcome.

**UCWLC of Sts. Vladimir & Olga Cathedral,  
115 McGregor St.**

Cordially invite you to their Annual Spring Tea!  
Sunday, March 24, 2019 from 1pm to 3pm  
***"Celebrating our Ukrainian youth & song"***

# Schedule of Liturgies - Розпорядок Богослужінь

Date	Epistle/Gospel Readings	Time	Service	
<b>Sunday, March 10th</b> <b>Orthodoxy</b>	Heb. 11:24-26, 32-40, 12:1-2 Jn. 1:43-51	8:00 am 9:00 am 10:00 am	- Служба Божя - Catechism - Divine Liturgy	<b>Blessing of Icons! Bring your new ones or icons you have around your home for a blessing</b>
<b>Monday, March 11th</b> Patriarch Sophronius, V..	Rom. 15:1-7 Mt. 18:10-20	9:00 am	- Divine Liturgy	For our Deceased Parish Members.
<b>Tuesday, March 12th</b> Theophane, V-Conf. Gregory the Dialogist, Pope	Gal. 6:2-10 Mt. 4:23-25, 5:1-13	9:00 am	- Divine Liturgy	+ Marta Semchuk, by her sisters of the UCWLC
<b>Wednesday, March 13th</b> Relics of Nicephorus	2 Cr. 6:16 –7:1 Mt. 5:20-26	5:00 pm	- Liturgy of the Presanctified Gifts	 Pope Francis elected 6 years ago
<b>Thursday March 14th</b> Benedict, Ven	2 Cor. 4:6-15 Mt. 11:2-15	12:00 Noon (occasionally may be earlier to accommodate perogy crew)	- Divine Liturgy	For +Annie Zemliak, by the family
<b>Friday, March 15th</b> Agapius, Mrt	Rom. 12:6-14 Mt. 5:33-41	5:00 pm 7:00 pm	- Liturgy of the Presanctified Gifts <b>Supper &amp; Discussion</b> - Way of the Cross	Protodeacon Stefan Tyrawsky - Birthday <b>Theme: The "Big Issues" of our Day</b>
<b>Saturday, March 16th</b> Sabinus & Papas, Mrts.	Heb. 3:12-16 Mt. 1:35-44	9:00 am	- Divine Liturgy	+Paul & + Katherine Baran, by Stan & Sharon Baran and Family
<b>Sunday, March 17th</b> <b>2nd Sunday of Lent</b>	Heb. 1:10-2:3, Mk .2:1-12	8:00 am 10:00 am	- Служба Божя - Divine Liturgy	For all Parishioners God bless our wonderful Parish!

LITURGY/DAY	LECTORS/EXTRAORDINARY MINISTERS	GREETERS & USHERS	SACRISTAN & ALTAR
Mar 10 8 am	Ч.—J. Lewandosky	S. Baran	N. Hoffman
10 am	L: E. Kozoris EMHC: A. Sloboda	V. Munson & C. Evanyshyn	E. Hall
Mar 17 8 am	Ч.—A. Sloboda	P. Bodnar	S. Baran
10 am	L: A. Letwin EMHC: D. Rewniak	A. Tataryn & C. Shupenia	D. Hrehirchuk
<b>BLUE LAMP</b> (MARIAN Side Altar)	(March 10th – March 16th, 2019) <b>In Memory of + Kathleen Sawula, by daughter Eleanor Smallwood</b>	<b>RED LAMP</b> (SAVIOUR Side Altar)	(March 10th – March 16th, 2019) <b>+Ted Gierys, by wife Sophie and family</b>