

Church Address 505 Watt Street

Winnipeg, MB

Office & Mailing Address

460 Munroe Avenue Winnipeg, MB R2K 1H4

**Office Hours** 

Mon-Fri 8:00 am - 4:00 pm

Office Telephone

204-667-8866

**Pastoral Emergencies** 

204-881-3150

**Email** 

heparish@gmail.com

**Parish Website** 

holyeucharist.ca

**Facebook** 

holyeucharistwinnipeg

**Archeparchy Website** 

archeparchy.ca

**LITURGICAL SERVICES** 

**Sunday Services** 

6:00 pm (Sat) - Great Vespers 8:00 am - Ukrainian 10:00 am - English

**HOLY MYSTERIES** 

Confessions

4:30-6:00 pm Saturdays or by appointment

Marriage

Please make arrangements with the Pastor

Baptism, Chrismation, Eucharist

Please make arrangements with the Pastor

# HOLY EUCHARIST UKRAINIAN CATHOLIC CHURCH

Українська Католицька Церква Пресвятої Євхаристії

Sunday, November 14, 2021

#### **Twenty-Fifth Sunday after Pentecost, Tone 8**

Holy and All-Praiseworthy Apostle Philip

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 3: O Philip, proclaimer of God's word,\* the world is adorned and Ethiopia dances for joy\* for it is arrayed in beauty as with a crown.\* Enlightened by you it feasts your memory.\* For you taught all to believe in Christ,\* finishing the course of the Gospel as is right.\* And so, Ethiopia boldly lifts up its hands to God.\* Pray to Him to grant great mercy to us.

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

Kontakion, Tone 8: When You rose from the tomb,\* You also raised the dead and resurrected Adam.\* Eve exults in Your resurrection,\* and the ends of the world celebrate Your rising from the dead,\* O most merciful One.

Now and for ever and ever. Amen.

Kontakion, Tone 8: The God-inspired Philip,\* Your friend, disciple and imitator of the Passion,\* proclaimed You as God to the whole world,\* O Christ, all merciful.\* By his intercessions\* and those of the Mother of God\* guard Your Church and every city\* from lawless enemies.

#### 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 8

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

#### Epistle - Eph 4:1-6; 1 Cor 4:9-16

Brothers and Sisters, I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were

called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called in one hope of your calling; one Lord, one faith, one baptism; one God and Father of all, who is above all, and through all, and in you all.

Brothers and Sisters, 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 Therefore I urge you, imitate me.

#### 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: The heavens shall confess our wonders, O Lord, and Your truth in the church of the saints. (Psalm 88:6)

#### Gospel - Lk 10:25-37; Jn 1:43-51

At that time, a certain lawyer stood up and tested Jesus, saying, "Teacher, what shall I do to inherit eternal life?" He said to him, "What is written in the law? What is your reading of it?" So he answered and

#### **Anointing of the Sick**

Please make arrangements with the Pastor

#### **Funerals**

Please make arrangements with the Pastor

#### **Divine Liturgy Intentions**

Please make arrangements with the Office

#### Catechism

Pat Sirski 204-453-4489

#### **Pastor**

Fr. Michael Winn
Office: 204-667-8866
Local Cell: 204-881-3150
Main Cell: 587-937-5756
winn.heparish@gmail.com

#### **Parish Office Manager**

Carlene Deptuch 204-667-8866 heparish@gmail.com

#### Parish Facility Rentals

204-667-8866

#### **Perogy Hotline**

204-667-6304

#### **Parish Bookstore**

204-334-2081

#### **ORGANIZATIONS**

#### **Parish Pastoral Council**

Curtis Shupenia 204-667-8866

#### **UCWLC**

Emily Hawrysh 204-668-8013

#### **UCBC**

Contact forthcoming

#### **Millennium Seniors' Club**

Bernice Hrehirchuk 204-669-2068

#### **Bingo**

**Contact forthcoming** 

said, "'You shall love the LORD your God with all your heart, with all your soul, with all your strength, and with all your mind,' and 'your neighbor as yourself." And He said to him, "You have answered rightly; do this and you will live." But he, wanting to justify himself, said to Jesus, "And who is my neighbor?" Then Jesus answered and said: "A certain man went down from Jerusalem to Jericho, and fell among thieves, who stripped him of his clothing, wounded him, and departed, leaving him half dead. Now by chance a certain priest came down that road. And when he saw him, he passed by on the other side. Likewise a Levite, when he arrived at the place, came and looked, and passed by on the other side. But a certain Samaritan, as he journeyed, came where he was. And when he saw him, he had compassion. So he went to him and bandaged his wounds, pouring on oil and wine; and he set him on his own animal, brought him to an inn, and took care of him. On the next day, when he departed, he took out two denarii, gave them to the innkeeper, and said to him, 'Take care of him; and whatever more you spend, when I come again, I will repay you.' So which of these three do you think was neighbor to him who fell among the thieves?" And he said, "He who showed mercy on him." Then Jesus said to him, "Go and do likewise."

At that time, Jesus wanted to go to Galilee, and He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, "We have found Him of whom Moses in the law, and also the prophets, wrote— Jesus of Nazareth, the son of Joseph." And Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming toward Him, and said of him, "Behold, an Israelite indeed, in whom is no deceit!" Nathanael said to Him, "How do You know me?" Jesus answered and said to him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered and said to Him, "Rabbi, You are the Son of God! You are the King of Israel!" Jesus answered and said to him, "Because I said to you, 'I saw you under the fig tree,' do you believe? You will see greater things than these." And He said to him, "Most assuredly, I say to you, hereafter you shall see heaven open, and the angels of God ascending and descending upon the Son of Man."

#### 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 word unto the ends of the world.\* Alleluia, alleluia,\* alleluia. (Psalm 18:5)

#### **ANNOUNCEMENTS**

A new Adult Faith Inquiry Class will begin on November 16 and run until May 2022. The class is designed for those adults who are inquiring about the Ukrainian Greek-Catholic Faith and it is open to all adults for faith enrichment. We will base our discussions on the official Ukrainian Greek-Catholic Catechism, Christ Our Pascha (of which our pastor was the general editor for the English-language edition). All are welcome. For a complete list of the class dates and registration, please see our website.

**Emmanuel Moleben** will be served on Sundays evenings at 7:00 pm starting on November 21 throughout the Nativity Fast.

Congratulations to **Deacon Antin Sloboda** who, by the grace of God and at the hands of Metropolitan Lawrence, was ordained to the Diaconate on November 12 at our Cathedral. *Many years! Многая літа!* 

**Busy Fingers Knitting Group** will once again be starting up on Monday, November 22, 2021 at 10 am in the Parish Centre, Multi-purpose Room.

**Perogy-making** continues. If you are interested in volunteering or just want to place an order, please call the **Perogy Hotline** at 204-667-6304. Just a reminder Perogies are now \$7.00 a dozen.

Zhyve TV, a Ukrainian Catholic television station in Ukraine which broadcasts online, is now in English. Visit their website, www.zhyve.tv, or look them up on YouTube! Recently, our Patriarch Sviatoslav gave an interview in English as part of the beginning of the station's English service.

CLC Christmas Fruitcakes and Cards. Large (2.5lb) - \$26, Small (1lb.) - \$15. Christmas Cards available. Call Lydia at 204-668-1920. To arrange delivery.



\*



SALE

Cabbage Rolls\*

Perogies\*

Perishke

4 Doz Cabbage Rolls (frozen/uncooked) \$ 40 1 Tray Cabbage Rolls (cooked) \$ 7

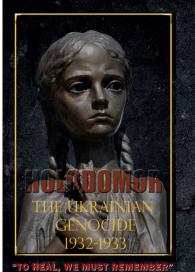
1 Doz Perogies (potato & cheese) \$ 7

1 Doz Perishke

8

Please Call Wanda To Pre Order 204-668-0415

> Orders May Be Picked Up Saturday, November 20, 2021 12 – 3 pm Holy Eucharist Parish Centre 460 Munroe Ave



We are pleased to announce the publication of the Second Edition of HOLODOMOR: THE UKRAINIAN GENOCIDE, 1932-1933.

The Second Edition has been thoroughly updated and vastly expanded with new data, documents and analyses divided into 10 Parts, which, among others, cover such issues as historical and political contexts of the Ukrainian famine, key Soviet documentation proving the intentionality of the Holodomor, Ukrainian demographic losses and impact of the genocide, and a comprehensive bibliography on the Holodomor.

HOLODOMOR: THE UKRAINIAN GENOCIDE, 1932-1933 is a hard cover publication of 320 pp., thoroughly and pointedly illustrated, "reader-friendly", and a strictly not-for-profit project intended for educational and informative purposes only.

Ucrainica Research Institute
League of Ukrainian Canadians



The Drive Thru Fall Supper was a SELL OUT!

A big thank you to all the volunteers

The Canadian Friends of Hockey in Ukraine presents **Helping Hockey in Ukraine Celebrity Dinner** on December 1, 2021 at Holy Eucharist Parish Centre, 460 Munroe Avenue, Winnipeg. Program includes Coaches of Ukraine's National Hockey Team from Kyiv, a tribute to Peter Stoykewych, former captain of the Manitoba Moose, Ty Dilello, author of a new biography on Billy Mosienko, former pro hockey players, silent auction and a 50/50 draw. Tickets: \$125 available at Galarnyk Insurance or Dave's Quick Print or Nestor Budyk 204-771-0836, Vern Zarwarnicki 204-612-9179, or Wayne Babych 1-866-888-2227.

The CCCB Joint Ad Hoc Committee on Palliative Care is pleased to announce that Horizons of Hope: A Toolkit for Catholic Parishes on Palliative Care, will be launched on 15 and 16 November 2021. The launch marks the culmination of a four-year process whereby the CCCB partnered with experts from Pallium Canada, Dominican University College, the Canadian Catholic Bioethics Institute, Catholic Health Alliance of Canada, and the Congregation of the Sisters Saint Joseph in Canada. This partnership ensured the development of a high-level resource that will benefit Catholic parishioners eager to grow in their understanding of palliative care and Church teaching on end-of-life questions. The toolkit's key features include a detailed facilitator's guide, four modules organized in a step-by-step learning process, videos, and take-home resources. The entire toolkit will be available on the CCCB webpage immediately following its launch. English Zoom presentation: Monday, 15 November from 10:00 a.m. to 11:30 a.m. EST. For more information, please Michelle contact Mrs. Dabrowski m.dabrowski@cccb.ca or Mrs. Marg Shea-Lawrence at m.shea-lawrence@cccb.ca.



Christ Our Pascha

CATECHISM OF THE

UKRAINIAN CATHOLIC CHURCH

# Adult Faith Inquiry Class

Begins November 16 Runs until May 2022

The class is designed for those adults who are inquiring about the Ukrainian Greek-Catholic Faith and it is open to all adults for faith enrichment. We will base our discussions on the official Ukrainian Greek-Catholic Catechism, *Christ Our Pascha* (of which our pastor was the general editor for the English-language edition). All are welcome. For a complete list of the class dates and registration, please see our website, www.holyeucharist.ca

## The Nativity Fast (Pylypiwka) The Preparatory Season for the Nativity of our Lord

by Rev. Msgr. Russell A. Duker from Christ-bearers – Meditations for the Pre-Christmas Fast, Christmas, and Theophany

The oldest Christian feast is the Resurrection of our Lord or Easter. This Holy Day includes a whole cycle of feasts such as the Ascension and Pentecost. It is the great feast of our redemption and sanctification. Later Holy Days followed slowly until the fourth century. After the Church won official recognition and full freedom of worship and evangelization, our present calendar of festal celebration began to develop. This development was motivated by the Church's desire to honour both events in the life of our Lord and the memory of the holy martyrs. Eventually the Church established a full year Christian calendar.

We are familiar with the preparatory period before the Resurrection. This is the Great Fast or the Holy Forty Days' Fast. The celebration of the birth of our Lord cannot be ascertained before the middle of the fourth century. The church of Rome was the first to celebrate our Lord's birth. Many think that the date of December 25 was chosen to supplant the feast of the god Mithra and the solemn celebration of the birth of the invincible sun god. Others think that the date was chosen for the same reason that the Roman pagans honoured the victory of the sun. It is around this date that the sun overcomes the darkness and the days become longer. Several times the prophets call Jesus Christ "Sun of Justice." It was deemed proper to choose the day when the sun begins its victorious cycle of light by shortening the duration of the night.

According to some sermons of St. Gregory of Nazianzus, he introduced this feast into the eastern Church about the year 379 or 388. After his departure from Constantinople the celebration of Christ's Nativity on December 25 was neglected. In 395, Emperor Honorius re-instituted the celebration. St. John Chrysostom tells us how he introduced this feast at Antioch sometime around 380. He explicitly says how he introduced it in imitation of the church of Rome. St. John believed that the Roman Christians know the date of Christ's birth better than anybody else since the imperial city archives were accessible to them.

The first mention of a preparatory period before Christmas is mentioned in a decree of the Council of Saragossa (380). The Council Fathers stated that every Christian should daily go to church from December 17 until the Theophany. At the Synod of Mac (581) in present day France it was decreed that from November 11, the day of St. Martin, until December 24 every Christian should fast 3 times a week (Monday, Wednesday and Friday).

The pre-Nativity period of preparation developed rather late. Scholars do not agree about the exact time when it began. Some hold that it began in the sixth century. Others believe it began in the seventh or the eighth century. The present liturgical pre-Nativity season was finally established at the Council of Constantinople (1166). The Council decreed that the fast would begin on November 15 and last until December 24 inclusive. Thus, there was created



another 40 day fast. [...] As far as our liturgical texts are concerned, the period of preparation for the feast of the Holy Nativity of the Lord still begins on November 15.

The pre-Nativity fast is often called the Phillipian or Nativity Fast because it begins on the day after the feast of St. Philip. The fast was introduced to prepare the church for a worthy celebration of the great and holy day of the birth of Christ. The regulations for the fast were far more lenient than for the Great Fast. Only Monday, Wednesday, and Friday were days of strict fasting without meat, dairy products or oil. On Sundays, fish was permitted. Lay people were at first permitted to eat fish on other days too until the monastic rigoristic influence prevailed. It is interesting to observe that the famous 12th century Byzantine canonist Balsamon expressed the opinion that it would be enough if the lay people fasted only one week before Christmas. In 1958, a modern Greek author, Christos M. Enislides, welcomes Balsamon's suggestion and believes that the best solution would be for the Church at large to abstain from meat and dairy products for 33 days. During the last seven days of the fast everybody should observe the strict fast.

To worthily meet our Lord and Saviour, we should sanctify this pre-Nativity season of the Phillipian Fast. Sanctifying means spending our time in faith and in the service of God and in kindness towards our neighbour, especially those who are in need of our assistance. And we should think of what we would have been had Christ not come to our low-liness and poverty. Together with the whole of the Byzantine Church we should try to meet Christ as he deserves to be met and as it will, in His` mercy, best serve our spiritual benefit!

[See next page for present-day fast regulations and suggestions]

#### **Christian Praxis Activities**

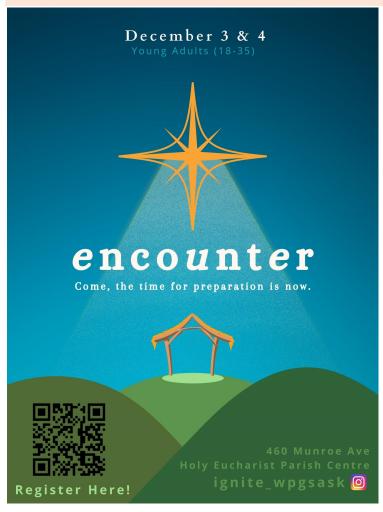
As with most periods of fast before the great feasts, the Nativity Fast is a time for a deeper interior conversion to Christ by embracing the four forms of Christian praxis. Below we offer some suggestions to put into practice the four forms of Christian praxis or asceticism during the Nativity Fast.

#### Prayer

- Spend at least 15 minutes in the morning and evening in prayer each day.
- Pray the Jesus Prayer, "Lord Jesus Christ, Son of God, have mercy on me a sinner." 100 times a day.
- Display an icon of the Nativity in the prayer corner of your house or room and spend 10 minutes each day meditating on the saving mysteries surrounding Christ's Birth.
- Receive the Mystery of Repentance (Confession) at least once during the fast.

#### Almsgiving

 Give your time, talent and/or treasure to a parish outreach or a special charity.



On Friday, December 3 and Saturday, December 4, Holy Eucharist Parish is hosting *Encounter*, a retreat for young adults ages 18-35! Come for a time of preparation in this season of Advent with prayer, speaker sessions, reflection time, small group sharing, almsgiving, and fellowship! Dinner on Friday and lunch on Saturday will be provided. Tickets for the retreat are \$15. For more information and to secure your spot, please use the following link or QR Code!

https://www.surveymonkey.com/r/ZSKZLV7

- Increase your parish tithe for the season.
- Clean out your house of any excessive items or possessions and share them with the poor and needy.
- Purchase gifts for homeless or needy children or families

#### Love

- Meditate on the Ten Commandments or the Beatitudes and identify one or two of these to put into practice each week.
- Examine your conscience each night, asking for forgiveness from God or others as needed.
- Find opportunities to share your faith with others.

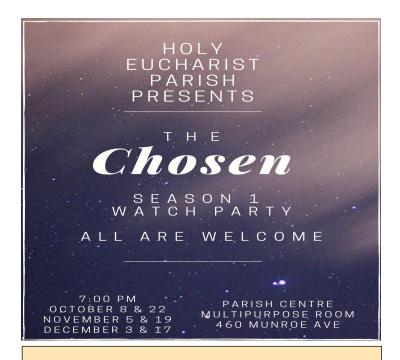
#### Fasting

- Abstain from meat and meat products on Wednesdays and Fridays.
- Fast from certain foods, such as soda, alcoholic beverages or candy, and entertainment (TV, movies, etc.).
- With each meal, eat only an amount that is sufficient for nutritional needs, without feeling full.

#### **UPDATED GUIDELINES**

Promulgated by Metropolitan Lawrence on October 4, 2021

- 1. FACE MASKS ARE MANDATORY FOR PLACES OF WORSHIP. You must wear a face mask to participate in liturgical services. However, if you have a medical condition and a doctor's note, you are exempt from wearing a mask.
- 2. **Hand-sanitization** at the entrance to the church is required.
- 3. Capacity Limitation. Attendance at any Divine Service or faith-based gathering is currently restricted to 33% capacity, which is 99 people for our parish church.
- 4. **Maintain Physical Distancing** of 2 metres (6 feet). Members of the same household may sit together.
- 5. **Singing.** A maximum of two cantors are permitted to respond at Divine Services. The faithful are able to sing quietly with their masks on.
- 6. **No Policing** (A parish request). Please, no policing of restrictions is to take place. Please be mindful that some people have exemptions. If you have concerns, please contact Fr. Michael. We want to maintain the spirit of a welcoming and vibrant parish.
- 7. Entrance and Exit (A parish request). Please enter by the south side door and exit by the main doors.
- 8. **Non-parish events** (e.g., rentals) are to adhere to the current Provincial Public Health Order of October 26, 2021.



### Please remember in your prayers, call, or write to our isolated parishioners!

Middle Church - Olga Hnatiuk, Margaret Sawchuk

*Holy Family Home* - Jane Budzen, Mary Horbal, Irene Omeniuk, Jennie Huchko, Elizabeth Boychuk, Fr. Victor Yakowchuk, Milly Manitowich



Attention all parishioners. Holy Eucharist is getting ready to hold our first ever virtual 50/50 draw. To stand out in the crowd of draws we would like to also have

early bird draws and are asking for donations towards these draws. Items or monetary donations will be gratefully accepted at the parish office during office hours or you can call Mavis Kaluzny at 204-663-5894 to make arrangements. Nothing is too small!!

Anyone wishing to have a home visit from Father Michael, or know of a parishioner who would like to have a visit. Please contact the parish office to book a time: 204-667-8866.

Offerings	Sunday, Oct 31	Sunday, Nov 7
Envelopes	\$1570.00	\$ 1190.00
Open collection	\$ 65.00	\$ 20.00
Vigil lights	\$ 12.50	\$ 18.75
St. Andrew's Pence	\$ 0.00	\$ 0.00
Seminary Fund	\$ 0.00	\$ 0.00
CCCB Collection	\$0.00	\$ 0.00
Church Mission	\$0.00	\$ 0.00
Direct Deposit	\$0.00	\$545.00
Peter's Pence	\$20.00	\$20.00
Total	\$ 1667.50	\$ 1793.75

#### Schedule of Services Nov 14-21, 2021

Sundays and Feast Days are live-streamed at holyeucharist.ca
The Rosary is often prayed before Divine Liturgy

#### **Sunday November 14**

Twenty-Fifth Sunday after Pentecost, Tone 8; The Holy and All-Praiseworthy Apostle Philip

Eph 4:1-6; 1 Cor 4:9-16; Lk 10:25-37; Jn 1:43-51 8:00 am Divine Liturgy (for parishioners) 10:00 am Divine Liturgy (for parishioners)

#### **Monday November 15**

Holy Martyrs and Confessors Gurias, Samonas and Abibus *Nativity Fast Day 1* 1 Tim 1:1-7; Lk 14:12-15

No Services

#### **Tuesday November 16**

Holy Apostle and Evangelist Matthew *Polyeleos Feast. Nativity Fast Day 2* 1 Cor 4:9-16; Mt 9:9-13

9:00 am Divine Liturgy (+Fr. Ed Kwiatkowski by family)

#### Wednesday November 17

Holy Father Gregory the Wonderworker

Nativity Fast Day 3. Abstention from meat & foods that contain meat.

1 Tim 1:18-20; 2:8-15; Lk 15:1-10 9:00 am Divine Liturgy

#### **Thursday November 18**

The Holy Martyrs Plato (286-305) and Roman (305) *Nativity Fast Day 4* 

1 Tim 3:1-13; Lk 16:1-9

12:00 pm Divine Liturgy (+Father Djura Maljik by Helen Dziedzic )

#### Friday November 19

Holy Prophet Obadiah; Holy Martyr Barlaam

Nativity Fast Day 5. Abstention from meat and foods that contain meat.

1 Tim 4:4-8.16; Lk 16:15-18; 17:1-4

9:00 am Divine Liturgy (+Fr. Edward Kwiatkowski, 40 Day)

#### Saturday November 20

Forefeast of the Entrance; Blessed Josaphata; Venerable Father Gregory of Decapolis; Holy Father Proclus

Nativity Fast Day 6. A day when the faithful are highly encouraged to participate in the Divine Liturgy.

1 Thes 2:1-8; Lk 11:9-13

9:00 am Divine Liturgy (+Stella & +Nicholas Suchynski by Nadia Malchuk)

6:00 pm Vespers

### Sunday November 21

Twenty-Sixth Sunday after Pentecost, Tone 1; The Entrance into the Temple of our Most Holy Lady, the Mother of God and Ever-Virgin Mary. *Nativity Fast Day 7*.

Eph 5:9-19; Heb 9:1-7; Lk 12:16-21; Lk 10:38-42, 11:27-28

8:00 am Divine Liturgy (for parishioners)
10:00 am Divine Liturgy (for parishioners)

7:00 pm Emmanuel Moleben