



HOLY EUCHARIST

UKRAINIAN CATHOLIC CHURCH

Українська Католицька Церква Пресвятої Євхаристії

Sunday, November 28, 2021

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

Twenty-Seventh Sunday after Pentecost, Tone 2 *Venerable-Martyr Stephen the New; Holy Martyr Irenarchus*

Troparia and Kontakia

Troparion, Tone 2: When You went down to death, O Life Immortal,* You struck Hades dead with the blazing light of Your divinity.* When You raised the dead from the nether world,* all the powers of heaven cried out:* “O Giver of Life, Christ our God, glory be to You!”

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

Kontakion, Tone 2: You rose from the tomb, O almighty Saviour,* and Hades, seeing this wonder, was stricken with fear; and the dead arose.* Creation saw and rejoices with You, and Adam exults.* And the world, my Saviour, sings Your praises for ever.

Now and for ever and ever. Amen.

Theotokion, Tone 2: The tomb and death could not hold the Mother of God,* unceasing in her intercession and an unfailing hope of patronage,* for as the Mother of Life she was transferred to life* by Him Who had dwelt in her ever-virgin womb.

Prokeimenon, Tone 2

The Lord is my strength and my song of praise, and He has become my salvation.

verse: The Lord has indeed chastised me, but He has not delivered me to death.

Epistle - Ephesians 6:10-17

Brothers and Sisters, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the

gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

Alleluia, Tone 2

verse: The Lord will hear you in the day of tribulation; the name of the God of Jacob will shield you.

verse: Lord, grant victory to the king and hear us in the day that we shall call upon You. (Psalm 19:2,10)

Gospel - Luke 13:10-17

At that time, Jesus was teaching in one of the synagogues on the Sabbath. And behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way raise herself up. But when Jesus saw her, He called her to Him and said to her, “Woman, you are loosed from your infirmity.” And He laid His hands on her, and immediately she was made straight, and glorified God. But the ruler of the synagogue answered with indignation, because Jesus had healed on the Sabbath; and he said to the crowd, “There are six days on which men ought to work; therefore come and be healed on them, and not on the Sabbath day.” The Lord then answered him and said, “Hypocrite! Does not each one of you on the Sabbath loose his ox or donkey from the stall, and lead it away to water it? So ought not this woman, being a daughter of Abraham, whom Satan has bound—think of it—for eighteen years, be loosed from this bond on the Sabbath?” And when He said these things, all His adversaries were put to shame; and all the multitude rejoiced for all the glorious things that were done by Him.

Communion Hymn

Praise the Lord from the heavens;* praise Him in the highest.* Alleluia, alleluia,* alleluia. (Psalm 148:1)

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

ANNOUNCEMENTS

A new **Adult Faith Inquiry Class** continues on November 30 and 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.

The **Holy Eucharist Social Club** is looking towards the future and bringing Bingo back! They plan to re-open in the new year and are looking for volunteers. Anyone interested or if you know anyone interested in volunteering Tuesday nights between 5pm and 10 pm please give Bernice a call 204-669-2068.

Parish Event Workers. Our parish is getting busy again with many inquiries and events being booked at our facilities. Please help your parish out by providing your name and contact info and willingness to work at some events. This will make scheduling of events much easier.

We do need more of you so as to be able to spread out the work load. Due to government regulations, some events require workers to have current, full Covid-19 immunization status, and some events don't have this requirement. For this reason alone, your Covid-19 immunization status will be required. As before, you will be paid for your time.

Emmanuel Moleben - Sunday evenings at 7:00 pm throughout the Nativity Fast.

7:00 pm, Dec. 1, 2021 - UCWLC Monthly Meeting

Busy Fingers Knitting Group on Monday, December 6, 2021 at 10:00 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.

Holy Eucharist Pastoral Council Meeting, December 2, 2021 at 7:00 pm in Parish Centre multi-purpose room.

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 Maniwowich

December 3 & 4
Young Adults (18-35)

encounter
Come, the time for preparation is now.

460 Munroe Ave
Holy Eucharist Parish Centre
ignite_wpgsask

Register Here!

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! Tickets for the retreat are \$5. For more information and to secure your spot, please use the following link or QR Code!

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

St. Philip's Fast

The Shopping Season is at hand. Some people will spend it jostling for bargains; others will pass the time lamenting the commercialization of Christmas. The Eastern Churches, on the other hand, encourage their faithful to prepare for this feast by fasting. Each of these Churches has a pre-Nativity Fast, but each Church observes it to a different degree.

Like the feast of Christ's Nativity itself, this fast originated in the West. In AD 380 the Council of Saragossa in Spain mandated daily church attendance beginning on December 17. Pope St Leo the Great (400-461) described four Fasts, one in each season, "so that over the course of the year we might recognize that we are constantly in need of purification." He indicated that the "winter fast" was to begin when the "ingathering of the crops was complete." In France it was specified in the next century that this Fast begin on November 11, the feast of St Martin; the Fast was called "St Martin's Lent."

The Eastern Churches began observing this Fast between the 6th and 8th centuries. Originally it lasted one week, as in the Armenian Church today. In the eleventh century Pope Christodoulos lengthened it to forty days for the Coptic Church. The Byzantine Church followed suit in the next century. The Syrian Churches (Chaldeans, Indians, etc.) keep it for three to four weeks in December.

WHY DO WE FAST?

St Simeon of Thessalonika, writing in the fifteenth century, explained the purpose of this Fast in terms of its length. "The Nativity Forty-day Fast represents the fast undertaken by Moses, who—having fasted for forty days and forty nights—received the Commandments of God, written on stone tablets. And we, fasting for forty days, will reflect upon and receive from the Virgin the living Word—not written upon stone, but born, incarnate—and we will commune of His Divine Body." As Moses received the Law after his forty-day fast, we will receive the living Word incarnate at the end of this Fast.

One thread running through this Fast is the remembrance of the time before the Incarnation. Mankind was in one sense disconnected from God, having lost the intimacy with Him which we were meant to have because we were created in His image. Fasting is our way to express our sorrow at man's loss of fellowship with God.

The process of recovering this intimacy with God climaxed with the Incarnation, but was prepared for centuries by the Old Testament prophets. During the Nativity Fast we commemorate the prophets Nahum (12/1), Habakkuk (12/2), Zephaniah (12/3), Daniel and the Three Young Men in the Furnace (12/17). On the second Sunday before the feast we remember all those in sacred history who came before Christ and prepared the way for Him – His ancestors and ours.

WHEN AND HOW DO WE FAST?

Each patriarchate and other local Byzantine Churches has

a slightly different way of keeping this Fast. According to one tradition a person should fast from meat and dairy for the forty days, but only need fast from fish after December 17. Another tradition holds that fish may be eaten throughout the Fast, but only on Saturdays and Sundays.

In Greece and the Middle East it is customary to limit the fast to Tuesdays and Thursdays until December 12 (Greece) or December 19. In the Melkite Church the fast has been shortened to begin on December 10 but to continue uninterrupted after then.

The number of feast days at the beginning of the forty days may account for these practices. Besides the Great Feast of the Entrance of the Theotokos into the Temple (November 21 to 25), we observe feasts in honor of these popular saints: the Apostles Matthew (11/16) and Andrew (11/30), Sts Catherine of Alexandria (11/25), Barbara, and John of Damascus (12/4), Sabbas the Sanctified (12/5) Nicholas the Wonder-worker (12/6), the Maternity of St Ann (12/9), and St Spyridon the Wonderworker (12/12). In addition, of course, we in the U.S. also have the national holiday of Thanksgiving during this time. That doesn't leave much time for fasting!

There are no penitential services appointed for this Fast like those we know during the Great Fast. Greeks, who do not generally do so otherwise, have the custom of serving the Divine Liturgy daily during these forty days. This practice echoes the idea that the Nativity Fast is a joyous fast, celebrating the immanent coming of Christ. Other Churches may serve the Akathist or the Paraclisis to the Theotokos during these days.

CHARACTER OF THE NATIVITY FAST

Many contemporary Eastern writers have encouraged the observance of the Nativity Fast in contrast to the popular Western "pre-celebration" of Christmas, which focuses on decorating, spending, and partying. They emphasize preparation for the feast in quietness and a simplified way of life. Instead of a hurried pursuit of gifts and cards for people who will likely "re-gift" them for the next Christmas party, the Fast enables believers to focus on the mystery of the Incarnation, the "reason for the season."

Many see this Fast as essential for us at this time of the year, to shift our focus from ourselves to others, spending less time worrying about our appearance, our cuisine and our home decor in order to use our time in increased prayer and caring for the poor.

The Greek Orthodox Patriarch of Antioch, John X, emphasized the Nativity as the "feast of almsgiving" in which we celebrate and perpetuate Christ's love for mankind. "The Nativity of Christ is primarily the feast of divine dispensation – the feast of charity and of almsgiving... Through acts of mercy, extended to one another and to everyone, no matter what race we belong to, we implore the tender mercies of the divine Child, whose springs of mercies and bounties we will never be able to surpass. As the pious Augustine says, "the lamp of our love toward our neighbors causes the divine compassion to abide in this creation." (Source: Eparchy of Newton)

UPDATED GUIDELINES

Promulgated by Metropolitan Lawrence
on October 4, 2021

- 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.
- Hand-sanitization** at the entrance to the church is required.
- 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.
- Maintain Physical Distancing** of 2 metres (6 feet). Members of the same household may sit together.
- Singing.** A maximum of two cantors are permitted to respond at Divine Services. The faithful are able to sing quietly with their masks on.
- 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.
- Entrance and Exit** – (A parish request). Please enter by the south side door and exit by the main doors.
- Non-parish events** (e.g., rentals) are to adhere to the current Provincial Public Health Order of October 26, 2021.

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, Nov. 14	Sunday, Nov 21
Envelopes	\$1310.00	\$945.00
Open collection	\$ 63.30	\$ 12.00
Vigil lights	\$ 21.25	\$ 37.00
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	\$ 0.00
Peter's Pence	\$45.00	\$ 0.00
Total	\$1439.55	\$ 994.00

Schedule of Services Nov 28—Dec 5, 2021

Sundays and Feast Days are live-streamed at holyeucharist.ca

The Rosary is often prayed before Divine Liturgy

Sunday, November 28

Twenty-Seventh Sunday after Pentecost, Tone 2; Venerable -Martyr Stephen the New; Holy Martyr Irenarchus
Nativity Fast Day 14.

Eph 6:10-17; Lk 13:10-17

8:00 am Divine Liturgy (for parishioners)

10:00 am Divine Liturgy (for parishioners)

7:00 pm Emmanuel Moleben

Monday, November 29

The Holy Martyr Paramon; Holy Martyr Philomenus
Nativity Fast Day 15.

2 Tim 2:20-26; Lk 19:37-44

No Services

Tuesday, November 30

Holy and All-Praiseworthy Apostle Andrew the First-Called

Polyeleos Feast. Nativity Fast Day 16.

1 Cor 4:9-16; Jn 1:35-51

09:00 am Divine Liturgy (+Mary Kuz, Deptuch Family)

Wednesday, December 1

Holy Prophet Nahum. *Nativity Fast Day 17.*

Abstention from meat and foods that contain meat.

2 Tim 4:9-22; Lk 20:1-8

09:00 am Divine Liturgy

Thursday, December 2

Holy Prophet Habakkuk; Athanasius the Recluse

Nativity Fast Day 18.

Titus 1:5-2:1; Lk 20:9-18

12:00 pm Divine Liturgy (For my daughter Larysa, By Dad Curtis)

Friday, December 3

Holy Prophet Zephaniah. *Nativity Fast Day 19.*

Abstention from meat and foods that contain meat.

Titus 1:15-2:10; Lk 20:19-26

09:00 am Divine Liturgy (For the health of Gloria Winn, By Holy Eucharist Parishioners)

Saturday, December 4

Great-Martyr Barbara; Venerable Father John of Damascus
Nativity Fast Day 20.

Eph 1:16-23; Lk 12:32-40

08:00 am Divine Liturgy

06:00 pm Great Vespers

Sunday, December 5

Twenty-Ninth Sunday after Pentecost, Tone 3; Venerable and God-bearing Father Sabbas the Sanctified.

Polyeleos Feast. Nativity Fast Day 21.

08:00 am Divine Liturgy (for parishioners)

10:00 am Divine Liturgy (for parishioners)

*Our Parish 50/50 Raffle will be starting
On January 1, 2022! Stay tuned!*