



# HOLY EUCHARIST

## UKRAINIAN CATHOLIC CHURCH

Українська Католицька Церква Пресвятої Євхаристії

Sunday, June 12, 2022

### All Saints Sunday. Octoechos Tone 8 *Venerable Father Onuphrius the Great*

#### Church Address

505 Watt Street  
Winnipeg, MB

#### Office & Mailing Address

460 Munroe Avenue  
Winnipeg, MB R2K 1H4

#### Office Hours

Mon-Fri 9:00 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

#### *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 4:* Clothed as in purple and fine linen\* with the blood of Your martyrs throughout the world,\* Your Church cries out to You through them, O Christ God:\* send down Your loving-kindness on Your people;\* grant peace to Your community,\* and to our souls great mercy.

Glory... Now...

*Kontakion, Tone 8:* O Lord, Master of nature,\* the world offers You the godly martyrs as the first-fruits of nature.\* By their supplications, through the Mother of God,\* preserve Your Church and Your people in profound peace,\* O most merciful One.

#### *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 76:12,2)

#### *Epistle - Hebrews 11:33-12:2*

Brothers and Sisters, the saints who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle, turned to flight the armies of the aliens. Women received their dead raised to life again. Others were tortured, not accepting deliverance, that they might obtain a better resurrection. Still others had trial of mockings and scourgings, yes, and of chains and imprisonment. They were stoned, they were sawn in two, were tempted, were slain with the sword. They wandered

about in sheepskins and goatskins, being destitute, afflicted, tormented— of whom the world was not worthy. They wandered in deserts and mountains, in dens and caves of the earth. And all these, having obtained a good testimony through faith, did not receive the promise, God having provided something better for us, that they should not be made perfect apart from us. Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

#### *Alleluia, Tone 4*

*verse:* The just cried out and the Lord heard them, and delivered them out of their afflictions.

*verse:* The afflictions of the just are many, and out of them all will the Lord deliver them. (Psalm 33:18,20)

#### *Gospel - Mt 10:32-33, 37-38; 19:27-30*

The Lord said to His disciples, "Whoever confesses Me before men, him I will also confess before My Father who is in heaven. But whoever denies Me before men, him I will also deny before My Father who is in heaven. "He who loves father or mother more than Me is not worthy of Me. And he who loves son or daughter more than Me is not worthy of Me. And he who does not take his cross and follow after Me is not worthy of Me. Then Peter answered and said to Him, "See, we have left all and followed You. Therefore what shall we have?" So Jesus said to them, "Assuredly I say to you, that in the regeneration, when the Son of Man sits on

### 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 Pastor

### 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  
*Travelling Icon*  
Evelyn Tymchak  
204-667-6791

### UCBC

Contact forthcoming

### Millennium Seniors' Club

Bernice Hrehirchuk  
204-669-2068

### Young Adults (18-35)

Contact forthcoming

the throne of His glory, you who have followed Me will also sit on twelve thrones, judging the twelve tribes of Israel. And everyone who has left houses or brothers or sisters or father or mother or wife or children or lands, for My name's sake, shall receive a hundredfold, and inherit eternal life.

But many who are first will be last, and the last first."

### Communion Hymn

Praise the Lord from the heavens;\* praise Him in the highest. (Psalm 148:1)\* Rejoice in the Lord, O you just;\* praise befits the righteous. (Psalm 32:1) Alleluia, alleluia,\* alleluia.

## ANNOUNCEMENTS

Parish Praznyk (*Patronal Feast*) will be next Sunday, June 19. We will have one Divine Liturgy at 10:00 am followed by a meal together. All are welcome!

Fr. Michael will be away from the parish Monday, June 13 to Thursday, June 16 as he is giving the retreat for the clergy of the Eparchy of Saskatoon. Please remember him and all the clergy in your prayers.

If you missed the parish **grave blessings** on June 4 at Holy Family, All Saints, and Elmwood cemeteries, or if you have a loved buried at another cemetery, you can still make arrangements with Fr. Michael. Give him a call.

For those wishing to **donate to Ukraine**, you can do so through the Ukrainian Canadian Congress Manitoba Branch at [gofundme.com](http://gofundme.com) and search #HelpUkraineNow, or through the Catholic Near East Welfare Association ([cnewa.org/ca/campaigns/ukraine](http://cnewa.org/ca/campaigns/ukraine)).

There are direct links on the parish website. Or you can donate to our parish and earmark for Ukraine. We will forward your donation to CNEWA.

The **Archeparchial Service of grave blessings** will be today at 2:00 pm at All Saints Cemetery.

**Manitoba's Passion Play Summer 2022.** Performances are scheduled for: July 1-3 and 8-10. First weekend performances begin at 6:30 pm, and second weekend begin at 7:30 pm. See info@oassionplay.ca Tickets: call 888-264-2038 or [boxoffice@passionplay.ca](mailto:boxoffice@passionplay.ca)

You are invited to gather in prayer for Ukraine through the intercession of **Blessed Vasyl Velychkovsky**. Beginning on Sunday, June 26 at 6:30 p.m. with a Moleben in Honour of Blessed Velychkovsky with guest Homilist Fr. Mykhaylo Khomitsky. This will be followed by a Rosary Procession. The

**Martyr's Feastday** on Monday, June 27 begins at 9 a.m. with Divine Liturgy followed by a Rosary Meditation and Anointing. The morning will end with a Panahyda. A lunch will be available in the Parish Hall. The afternoon will begin with a presentation on how Blessed Vasyl's Mission Continues. At 2 p.m. there will be an Akathist in Honour of Blessed Vasyl. The day will conclude with a Divine Liturgy and Anointing. The Liturgical Services will feature Guest Homilist Fr. Yevhen Zadorozhym C.Ss.R, originally from Ukraine now serving in Yorkton, Saskatchewan.

The **Canon Luhovy Assembly Ukrainian Educational Foundation** is pleased to announce that **seven bursaries** of \$300 each are available to Ukrainian Catholic students, seminarians and religious sisters, of the Archeparchy of Winnipeg, who attend post-secondary institutions, seminaries and private Catholic secondary schools. The bursary application can be obtained at the back of the church.

Rejoice, Mother of God, Virgin Mary, full of grace, the Lord is with you.

Blessed are you among women, and blessed is the fruit of your womb; for you have borne Christ, the Saviour and Redeemer of our souls.

### Donate with Interac Transfer

With it being post-Covid-19, it is understandable that we are not able to get our donations into the church. Please think about using the convenient Interac transfer. You can make your donation right from home using our email address at:

[heparish@gmail.com](mailto:heparish@gmail.com)



# Fasting with the Apostles

“After the long Feast of Pentecost, fasting is especially necessary to purify our thoughts and render us worthy to receive the Gifts of the Holy Spirit ... Therefore, the salutary custom was established of fasting after the joyful days during which we celebrated the resurrection and ascension of our Lord, and the coming of the Holy Spirit” (from a sermon of Pope St. Leo the Great, +461).

The fifty days of feasting from Pascha to Pentecost is followed by a time of fasting which we call the Fast of the Apostles. The first evidence of this fast is found in the writings of the fourth century Fathers, Saints Athanasius the Great of Alexandria and St. Ambrose of Milan. In a letter to his friend and supporter, Emperor Constans, St Athanasius describes the practice of the Alexandrian Church: “During the week following Pentecost, the people who observed the fast went out to the cemetery to pray.”

Some 20 years later, St. Ambrose (+397) writes about the practice in his diocese: “The Lord so ordained it that as we have participated in His sufferings during the Forty Days, so we should also rejoice in His Resurrection during the season of Pentecost. We do not fast during the season of Pentecost since our Lord Himself was present amongst us during those days ... Christ’s presence was like nourishing food for the Christians. So too, during Pentecost, we feed on the Lord who is present among us. On the days following His ascension into heaven, however, we again fast” (Sermon 61).

This fast was first seen as a resumption of fasting following the Paschal season. During the fifty days of Pascha we have celebrated Christ’s resurrection, then His ascension and finally the sending forth of the Holy Spirit upon the disciples. We have feasted while celebrating the presence of the risen Christ, but now it is time to return to the more everyday practice of Christians.

The struggle to be what we have become, to “put on Christ,” demands a lifelong effort of prayer, fasting and almsgiving. We observe times to celebrate the mysteries of Christ among us – the Lord’s Day and the Great Feasts on which we do not fast. But these are respites from the more ordinary Christian practice of fasting. As the Lord said when asked by the disciples of John the Baptist and the Pharisees why His disciples were not fasting, “As long as they have the bridegroom with them they cannot fast. But the days will come when the bridegroom will be taken away from them, and then they will fast in those days” (Mark 2:19-20).

## When does this Fast Begin?

It appears that in the fourth and fifth centuries this fast began on the day after Pentecost, the last day of the feast. This is still the custom in the Armenian Church which fasts for the week of

Pentecost. Something of this practice survives in our custom of the “kneeling prayers” offered at vespers on the afternoon of Pentecost. With these prayers kneeling is resumed as the common practice of prayer which had been suspended during the paschal feast.

Later Pentecost was extended to last one week. As a result this Fast begins on the day following the Sunday of All Saints, the octave of Pentecost. As St. Symeon of Thessalonica, wrote in the fifteenth century: “For one week after the descent of the Holy Spirit, in accordance with the Apostolic Constitution composed by Clement, we celebrate, and then during the following week, we fast in honor of the Apostles.”

## How Long Does This Fast Last?

As Symeon noted, this season, which began as a simple resumption of fasting after Pentecost, was later emphasized in connection with the apostles, particularly with the establishment of the feast of the principal apostles, Ss. Peter and Paul, on June 29. In the ordinary Byzantine and Coptic practice, the Fast lasts from the second Monday after Pentecost to June 28, the eve of the apostles’ feast. This means that the Fast may last for only a few days or may last four or five weeks, depending on the date of Pascha in any given year.

This Fast is not kept with the same rigor as the Great Fast or even the Dormition Fast. In Greek and Slavic practice full fasting is prescribed only on certain days during this period. On other days fish, wine and oil are permitted.

In the Middle East the Fast has come to be associated more with the apostles rather than with Pentecost. The Syriac – and until recently the Maronite – Churches observed this fast for four days, from June 25 to 28. The thirteenth-century Melkite Patriarch of Antioch, Balsamon, insisted on a seven day fast. Today the Melkite Church prescribes a ten-day fast, beginning on June 19.

## Keeping This Fast Today

This Fast is sometimes described as a remembrance of the hardships endured by the apostles in proclaiming the Gospel throughout the world. St Paul, writing to the Corinthians, dramatically outlined some of the difficulties he endured during his ministry. “From the Jews five times I received forty stripes minus one. Three times I was beaten with rods; once I was stoned; three times I was shipwrecked; a night and a day I have been in the deep; in journeys often, in perils of waters, in perils of robbers, in perils of my own countrymen, in perils of the Gentiles, in perils in the city, in perils in the wilderness, in perils in the sea, in perils



among false brethren; in weariness and toil, in sleeplessness often, in hunger and thirst, in fastings often, in cold and nakedness— besides the other things, what comes upon me daily: my deep concern for all the churches” (2 Corinthians 11:24-28). To be sure, each of the apostles could tell similar tales.

The Churches established by the apostles in the Middle East are sharing in their sufferings once more. Christians in Egypt, Iran, Iraq, Israel, Syria .and elsewhere in Asia and Africa are enduring renewed assaults from Hindu, Islamic and Jewish fundamentalists as well as from the Communist regimes in the Far East. Persecution of Christians in Afghanistan, Algeria, Azerbaijan, China, India, Indonesia, Libya, Nigeria, North Korea, Mali, Pakistan, the Philippines, Sudan, Tanzania and Turkey is reported almost daily. This Fast is a particularly appropriate time to pray for our suffering brethren in these countries.

You might chose to express your solidarity with the persecuted Churches abroad by adding the following prayer to your Lenten meals each day of the Fast.

### A Prayer for Those Suffering Persecution

Lord, bring an end to tragedy and suffering. Deliver Your Church and Your faithful people from every evil with Your mighty hand. Help us, O God, for You were crucified and died for the salvation of all. Help us, that among us, and in all the world, hatred may be replaced with love, unrest may be replaced with peace, and sorrow may be replaced with happiness, that we have a peaceful life as Your people and live as brothers and sisters with one another. Remember our enemies, those who hate us and oppress us, and repay them not according to their deeds, but rather give them reason and understanding, according to Your great mercy, so that they may see that evil cannot bring good. You are the God of mercy, goodness and the Lover of mankind, and unto You we ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

#### Please remember in your prayers our parishioners!

Lavinia Aftanas, Elizabeth Boychuk, Jane Budzen, Jennie Huchko, Jack Kisil, Nadia Kowal, Milly Manitowich, Irene Omeniuk, Fr. Victor Yakowchuk.

| Offerings        | Sunday, May 29    | Sunday, Jun 5     |
|------------------|-------------------|-------------------|
| Envelopes        | \$ 2815.00        | \$ 2205.00        |
| Open collection  | \$ 50.00          | \$ 20.00          |
| Candles          | \$ 23.05          | \$ 23.95          |
| Initial Offering | \$ 0.00           | \$ 15.00          |
| Charity Fund     | \$ 0.00           | \$ 0.00           |
| Aid to Ukraine   | \$ 0.00           | \$ 0.00           |
| Direct Deposit   | \$ 0.00           | \$ 545.00         |
| Property         | \$ 0.00           | \$ 200.00         |
| Youth Ministry   | \$ 0.00           | \$ 0.00           |
| <b>Total</b>     | <b>\$ 2888.05</b> | <b>\$ 3008.95</b> |

## Parish Schedule June 12-19, 2022

*Sunday services are live-streamed  
and are available at [holyeucharist.ca](http://holyeucharist.ca)  
The Rosary is often prayed before Divine Liturgy*

### Sunday, June 12

All Saints Sunday. Octoechos Tone 8  
Heb 11:33-12:2; Mt 10:32-33, 37-38; 19:27-30  
08:00 am Divine Liturgy (for parishioners)  
10:00 am Divine Liturgy (for parishioners)

### Monday, June 13

Holy Martyr Aquilina; Holy Triphillius.  
*Apostles' Fast.*  
Rm 2:28-3:18; Mt 6:31-34; 7:9-11  
*No Services*

### Tuesday, June 14

Holy Prophet Elisha; Holy Father Methodius  
*Apostles' Fast.*  
Rm 4:4-12; Mt 7:15-21  
*No Services*

### Wednesday, June 15

Holy Prophet Amos; Venerable Jerome  
*Apostles' Fast. Abstention from meat and foods that  
contain meat*  
Rm 4:13-25; Mt 7:21-23  
*No Services*  
12:30 pm Seniors Group

### Thursday, June 16

Most Holy Eucharist [transferred to Sunday]  
*Apostles' Fast*  
1 Cor 11:23-32; Jn 6:48-54  
*No Services*

### Friday, June 17

Holy Martyrs Manuel, Sabel and Ismael  
*Apostles' Fast. Abstention from meat and foods that  
contain meat.*  
Rm 5:17-6:2; Mt 9:14-17  
08:00 am Divine Liturgy (+Nadia & +Peter Kozoris  
by Pat Sirski)

### Saturday, June 18

Holy Martyr Leontius. *Apostles' Fast*  
Rm 3:19-26; Mt 7:1-8  
08:00 am Divine Liturgy (+Michael & +Ksenia  
Kozoriz by Pat Sirski)  
04:30 pm Confessions

### Sunday, June 19

Second Sunday after Pentecost. Octoechos Tone 1;  
Apostle Jude, Brother of the Lord.  
Rm 2:10-16; Jude 1:1-10; Mt 4:18-23; Jn 14:21-24  
10:00 am Divine Liturgy (for parishioners)  
11:30 am Praznyk Meal