



# HOLY EUCHARIST

## UKRAINIAN CATHOLIC CHURCH

Українська Католицька Церква Пресвятої Євхаристії

Sunday, July 31, 2022

### 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

### Eighth Sunday after Pentecost. Octoechos Tone 7

*Fore-feast of the Procession of the Precious and Life-Giving Cross*

#### *Troparia and Kontakia*

*Troparion, Tone 7:* By Your cross You destroyed death;\* You opened Paradise to the thief;\* You changed the lamentation of the myrrh-bearers to joy,\* and charged the apostles to proclaim\* that You are risen, O Christ our God,\* offering great mercy to the world.

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

*Kontakion, Tone 7:* No longer shall the dominion of death be able to hold humanity,\* for Christ went down shattering and destroying its powers.\* Hades is bound.\* The prophets exult with one voice.\* The Saviour has come for those with faith, saying:\* "Come forth, O faithful, to the resurrection!"

Now and for ever and ever. Amen.

*Theotokion, Tone 7:* O all-praised treasury of our resurrection, we hope in you,\* bring us up from the pit and depth of sin,\* for you have saved those subject to sin\* by giving birth to our Salvation,\* O Virgin before childbirth, and Virgin in childbirth,\* and still a Virgin after childbirth.

#### *Prokeimenon, Tone 7*

The Lord will give strength to His people;\* the Lord will bless His people with peace.

*verse:* Bring to the Lord, O you sons of God; bring to the Lord young rams.

#### *Epistle - 1 Cor 1:10-18*

Brothers and Sisters, I plead with you, by the name of our Lord Jesus Christ, that you all speak the same thing, and that there be no divisions among you, but that you be perfectly joined together in the same mind and in the same judgment. For it has been

declared to me concerning you, my brethren, by those of Chloe's household, that there are contentions among you. Now I say this, that each of you says, "I am of Paul," or "I am of Apollos," or "I am of Cephas," or "I am of Christ." Is Christ divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispus and Gaius, lest anyone should say that I had baptized in my own name. Yes, I also baptized the household of Stephanas. Besides, I do not know whether I baptized any other. For Christ did not send me to baptize, but to preach the gospel, not with wisdom of words, lest the cross of Christ should be made of no effect. For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.

#### *Alleluia, Tone 7*

*verse:* It is good to give praise to the Lord; and to sing to Your name, O Most High.

*verse:* To announce Your mercy in the morning, and Your truth every night. (Psalm 91:2,3)

#### *Gospel - Mt 14:14-22*

At that time, Jesus went out. He saw a great multitude; and He was moved with compassion for them, and healed their sick. When it was evening, His disciples came to Him, saying, "This is a deserted place, and the hour is already late. Send the multitudes away, that they may go into the villages and buy themselves food." But Jesus said to them, "They do not need to go away. You give them something to eat." And they said to Him, "We have here only five loaves and two fish."

### **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**

Contact forthcoming

### **Pastor**

Fr. Michael Winn

Office: 204-667-8866

### **Parish Office Administration**

Carlene Deptuch

Office: 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

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

Bernice Hrehirchuk

204-669-2068

#### **Young Adults (18-35)**

Contact forthcoming

He said, "Bring them here to Me." Then He commanded the multitudes to sit down on the grass. And He took the five loaves and the two fish, and looking up to heaven, He blessed and broke and gave the loaves to the disciples; and the disciples gave to the multitudes. So they all ate and were filled, and they took up twelve baskets full of the fragments that remained. Now those who had eaten

were about five thousand men, besides women and children. Immediately Jesus made His disciples get into the boat and go before Him to the other side, while He sent the multitudes away.

### **Communion Hymn**

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

## **ANNOUNCEMENTS**

We are preparing lists for ushers and readers. If you would like your name on the list, please contact the parish office.

Did you know that that happily we have an increase in the number of rentals of our Parish Centre? **For some rental events, we need some security people and bartenders (with an associated stipend).** We are in great need for some events coming in the months of July and August. Please consider helping the parish with your time and talent! Give the parish office a call!

For those wishing to **donate to Ukraine**, you can do so through the Ukrainian Canadian Congress Manitoba Branch at [gofundme.com](https://gofundme.com) and search #HelpUkraineNow, or through the Catholic Near East Welfare Association ([cnewa.org/ca/campaigns/ukraine](https://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 **Provincial Chapter of the Sisters Servants of Mary Immaculate** will take place in Ancaster, Ontario, from August 3-10, at which time a new Provincial Superior will be elected. We pray for the guidance of the Holy Spirit during the Provincial Chapter.

The **Holy Eucharist UCWLC Bursary Committee** is once again accepting applications. Any student who is a member of our Parish and is enrolled in a university, college or catholic high school may apply. Applica-

tions are available at the parish office. **Please note changes to eligibility have changed.** The deadline for the applications is **September 30, 2022.**

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 postsecondary institutions, seminaries and private Catholic secondary schools. The 2022 Bursary Application Form is found at the back of the church. Please return completed Bursary Application forms to: Canon Luhovy Assembly Ukrainian Educational Foundation, 115 Regatta Rd., Winnipeg, MB R2G 2Y7, no later than September 30, 2022. Should you have any questions or require more information, please call Leonard Mariash at 204- 668-4358 or email at [lmariash@mymts.net](mailto:lmariash@mymts.net).

**Stay Tuned!**

**Wrestling**

**and**

**Square Dancing**

**are coming our way!**

Gather your items for our annual thrift sale in early September! Drop your items to the Parish Centre, Tues.-Fri 9am to 3pm. No furniture or clothing please.



PRAYER  
FASTING  
REPENTANCE

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# The Dormition Fast

August 1 - 14

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Grow in your relationship  
with the Theotokos and  
Jesus Christ.



August 1, begins the Dormition Fast in the Ukrainian Catholic Church. This particular fasting season is only 2 weeks long (ending on the Feast of the Dormition, August 15) but is a wonderful time for us to prepare ourselves to celebrate the Feast of the Dormition through prayer, fasting, and the reception of the Holy Mystery of Repentance. This feast is very important for Catholics because it shows us that we, like the Theotokos, are given the opportunity after death to be resurrected, body and soul, and live forever in the presence of the Most Holy Trinity. The Church encourages you to participate this year in the Dormition Fast to grow in your relationship with Jesus Christ and the Theotokos.

Paraklesis, Homily, and Confessions  
7:00 pm, every evening, August 1-14

(except when Vespers is served)

# The Fast of the Dormition

## *Spasiwka*

Christians of the first centuries always prepared themselves for great feasts with fasting and prayer. Gradually, shorter or longer fasts developed from this sacred practice. The Great Fast before the glorious feast of the Pasch occupies first place among the fasts. Soon before the feast of the Nativity, the fast of St. Philip came into practice. From a special cult in honour of SS. Peter and Paul, there arose a fast called Petriwka or Peter's Fast. And finally, came the most recent of the four yearly fasts, the Fast of the Dormition. With this fast we prepare ourselves for the greatest of all the Marian feasts—the holy Dormition of the Most Holy Mother of God. In this manner, we imitate the fasting and prayers of the Most Pure Virgin Mary by which she prepared herself for her encounter with her Divine Son in her holy Dormition (falling asleep). The Fast of the Dormition is called by our people the Fast of the Mother of God or the Spasiwka. Spasiwka derives its name from the feast of “Spas” (Saviour) or Transfiguration which falls during the period of this fast. We shall consider the history of this fast, its duration, and its practice in the first centuries of Christian Rus-Ukraine.

### *History of the Fast of the Dormition*

The first mention made of the Fast of the Dormition occurs only in the ninth century. Just as the Petriwka and Pylypiwka, so too, this fast came into practice not by way of ecclesiastical legislation, but by way of custom. For this reason, many disputes arose in Greece regarding its existence, prescriptions, and duration.

The Evergetes Typicon of the eleventh century does not mention this fast, nor does the Typicon of the year 1136 of the Pantocrator Monastery in Constantinople. Similarly, the Typicons of St. Theodore the Studite and St. Athanasius of Athos up to the fourteenth century do not speak of the Fast of the Dormition. Of the ancient typicons, the first to mention the Fast of the Dormition was the Typicon of the Greek Nicolo-Casulan Monastery of the twelfth century in Calabria, Italy. Here, on the first of August, there is this following note: “Patriarch of Constantinople, Nicholas I (895-925), concerning the Forty Days Fast of the Dormition of the Most Holy Mother of God says: ‘We have another fast, called the fast of the Most Holy Mother of God, beginning on the first of August, which is mentioned by the Seventh Council of Nicea (920).’”

We find one earlier mention of the Fast of the Mother of God in the letter of Pope Nicholas I (858-867) to the Bulgarians. In this letter, he writes: “The holy Roman Church has from earliest times the custom of observing the following fasts: the Forty Days Fast before the

Pasch, after Pentecost, before the Assumption of Mary the Mother of God, and also before the Nativity of our Lord.” This letter is regarded by some to be of dubious authority.

In the work “On Three Forty Days Fasts,” which is credited to the Antiochian Patriarch, Anastasius Sinaite (6th c.), mention is made of the Fast of the Dormition as a fast that was separated from the Fast of St. Peter, for originally it extended from the Sunday of All Saints to the feast of the Dormition; later the month of July was eliminated from the Fast of St. Peter.

The monks of Athos, around 1085, queried the Patriarch of Constantinople, Michael the Grammaticus about the various fasts and in particular about the Fast of the Dormition. His answer was: “In the month of August there was a fast at one time, but it was transferred so that it would not coincide with a pagan fast. Even now, however, many people fast at that time, in order to protect themselves from sicknesses.”

During the eleventh and twelfth centuries the fast of the Dormition came to be observed in the Byzantine empire more and more frequently. In order to encourage the faithful to observe this fast, Archbishop Athanasius of Caesarea, Palestine (c.1090), published the results of his special research concerning this fast. In this he writes, “The holy Fathers and the holy patriarchs had handed down to us the fast before the Dormition of the Most Holy Mother of God, which is observed by all the cities and countries of the orthodox, especially the blessed and great city of Constantinople, as well as the Great Church.” Finally, this author concludes that this fast was already practiced up to the time of Emperor Leo the Wise (886-911). The issue of the fast of the Dormition was the theme for discussion at the Council of Constantinople (1166) during the reign of Patriarch Luke Chrysobergas (1156-1169) and Emperor Emmanual Comnen (1143-1180). The Council approved the practice of this fast.

Nikon, a monk of the Black Mountain near Antioch, who lived in the second half of the eleventh century, says in regard to the Fast of the Dormition that those who keep it have no basis in antiquity; nor do those who observe it have the support of apostolic tradition, but rather have the support of a custom of very ancient origin.

From *A Byzantine Rite Liturgical Year* by Julian Katrij.

### *Current practice for the Dormition Fast in the UGCC*

Wednesday and Fridays—we abstain from all meat and foods that contain meat; we also eat less on these days.





## Holy Transfiguration of Our Lord, God and Savior Jesus Christ

August 6

*Holy Day of Obligation*

### Services

**Friday, August 5, 6:00 pm**

Great Vespers with Lytia

**Saturday, August 6, 8:00 am**

Festal Matins

**Saturday, August 6, 10:00 am**

Divine Liturgy

Blessing of Fruit

*Please bring your fruit to be blessed!*

### ***Why do we bless fruit on the Feast of the Transfiguration?***

On the Feast of the Transfiguration, the Church blesses the first-fruits of the harvest both as a giving back to the Lord what is His and has come from Him (1 Chronicles 29:14) and as a celebration of the promise of the final transfiguration of all things in Christ. The Divine Light glimpsed by the Apostles on Mount Tabor will transform all creation to its most perfect flowering and fruitfulness. The blessing of grapes, as well as other fruits, on this day is the most beautiful and adequate sign of the final transfiguration of all things in Christ. It signifies the ultimate flowering and fruitfulness of all creation in the paradise of God's unending Kingdom of Life where all will be transformed by the glory of the Lord.

## The 68th Annual Pilgrimage at Cooks Creek Feast of the Dormition of the Most Holy Mother of God August 19, 20, 21, 2022



### **Friday, August 19**

6:00 pm Rosary

7:00 pm Divine Liturgy (Ukrainian), Blessing of Water, Blessing of Flowers, Anointing

8:00 pm Fellowship - Corn, Cake & Coffee

9:30 pm Akathist to the Mother of God, Candle Light Procession

Overnight Campfire & Campout (bring a tent or camper)

### **Saturday, August 20**

9:00 am Pilgrimage Walk (19.3 km)

10:30 am Divine Liturgy

Lunch Available Following Divine Liturgy

5:00 pm Service in the Grotto

6:00 pm Burgers, Hot Dogs, Fries

Overnight Campfire & Campout (bring a tent or camper)

### **Sunday, August 21**

8:30 am Pilgrimage Walk (6.4 km)

10:45 am Panakhyda & Blessing of the Grave of the Very Rev. Philip Ruh, omi

11:30 am Divine Liturgy (Bilingual)

Lunch Available Following Divine Liturgy  
(Chicken dinner)

For more information visit our website at  
[www.immaculate.ca](http://www.immaculate.ca)



**2022  
Munroe Farmers  
Market**

Located at  
Holy Eucharist Ukrainian Catholic Church  
460 Munroe Avenue

**Wednesday afternoons  
July 20 - August 31  
2pm-6pm**

For more information contact  
Arlene at 204-669-0750 or at  
cnrceyp@chalmersrenewal.org




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.

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

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

Offerings	Sunday, Jul 17	Sunday, Jul 24
Envelopes	\$ 2415.00	\$ 1420.00
Open collection	\$ 130.00	\$ 40.00
Candles	\$ 13.55	\$ 18.35
Mission Activity	\$ 0.00	\$ 20.00
Andrew's Pence	\$ 0.00	\$ 20.00
Aid to Ukraine	\$ 0.00	\$ 0.00
Direct Deposit	\$ 0.00	\$ 0.00
Seminary	\$ 0.00	\$ 20.00
CCCB	\$ 0.00	\$ 20.00
<b>Total</b>	<b>\$ 2558.55</b>	<b>\$ 1558.35</b>

**Parish Schedule July 17-24 2022**

*Sunday services are live-streamed  
and are available at [holyeucharist.ca](http://holyeucharist.ca)*

**Sunday, July 31**

Eighth Sunday after Pentecost. Octoechos Tone 7. Fore-feast of the Procession of the Precious and Life-Giving Cross of the Lord; Holy and Just Eudocimus 1 Cor 1:10-18; Mt 14:14-22

09:15 am Rosary

10:00 am Divine Liturgy (for parishioners)

**Monday, August 1**

Procession with the Relics of the Precious and Life-Giving Cross. *Beginning of Dormition Fast.*

1 Cor 1:18-24; Jn 19:6-11,13-20,25-28,30-35

07:00 pm Paraklesis, Homily, Confessions

**Tuesday, August 2**

Transfer of Relics of the First-martyr and Archdeacon Stephen. *Dormition Fast.* 1 Cor 12:12-26; Mt 18:18-22; 19:1-2, 13-15

07:00 pm Paraklesis, Homily, Confessions

**Wednesday, August 3**

Venerable Fathers Isaac, Dalmatus and Faustus *Dormition Fast. Abstinence from meat and foods that contain meat.* 1 Cor 13:4-14:5; Mt 20:1-16

08:00 am Divine Liturgy (Health of Joanne Routsolias by Helen Mazur)

07:00 pm Paraklesis, Homily, Confessions

**Thursday, August 4**

Seven Holy Youths of Ephesus; Holy Venerable-Martyr Eudocia. *Dormition Fast.*

1 Cor 14:6-19; Mt 20:17-28

08:00 am Divine Liturgy

07:00 pm Paraklesis, Homily, Confessions

**Friday, August 5**

Commemoration of the Consecration of the Holy Resurrection Patriarchal Sobor. *Dormition Fast. Abstinence from meat and foods that contain meat.*

Heb 3:1-14; Mt 16:13-18

08:00 am Divine Liturgy

06:00 pm Great Vespers with Lytia

**Saturday, August 6**

Holy Transfiguration of Our Lord. *Holy Day of Obligation.* 2 Pt 1:10-19; Mt 17:1-9

10:00 am Divine Liturgy (for parishioners)

04:30 pm Confessions

06:00 pm Great Vespers

**Sunday, August 7**

9th Sunday after Pentecost. Octoechos Tone 8. Ven. Martyr Dometius. 1 Cor 3:9-17; Mt 14:22-34

09:15 am Rosary

10:00 am Divine Liturgy (for parishioners)

07:00 pm Paraklesis, Homily, Confessions