

Church Address

505 Watt Street

Office & Mailing Address

460 Munroe Avenue
Winnipeg, MB R2K 1H4

Office Hours

Mon-Fri 9:00 am - 3:00 pm

Office Telephone

204-667-8866

Pastoral Emergencies

204-881-3150

Parish Website

holyeucharist.ca

Facebook

holyeucharistwinnipeg

Archeparchy Website

archeparchy.ca

Pastor

Fr. Michael Winn

Office: 204-667-8866

Main Cell: 587-937-5756

Local Cell: 204-881-3150

winn.heparish@gmail.com

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

Sunday Services

6:00 pm (Sat) - Great Vespers

8:00 am - Ukrainian

10:00 am - English

Confessions

4:30-6:00 pm Saturdays

or by appointment

Marriage

Please make arrangements with
the Pastor

Baptism, Chrismation, Eucharist

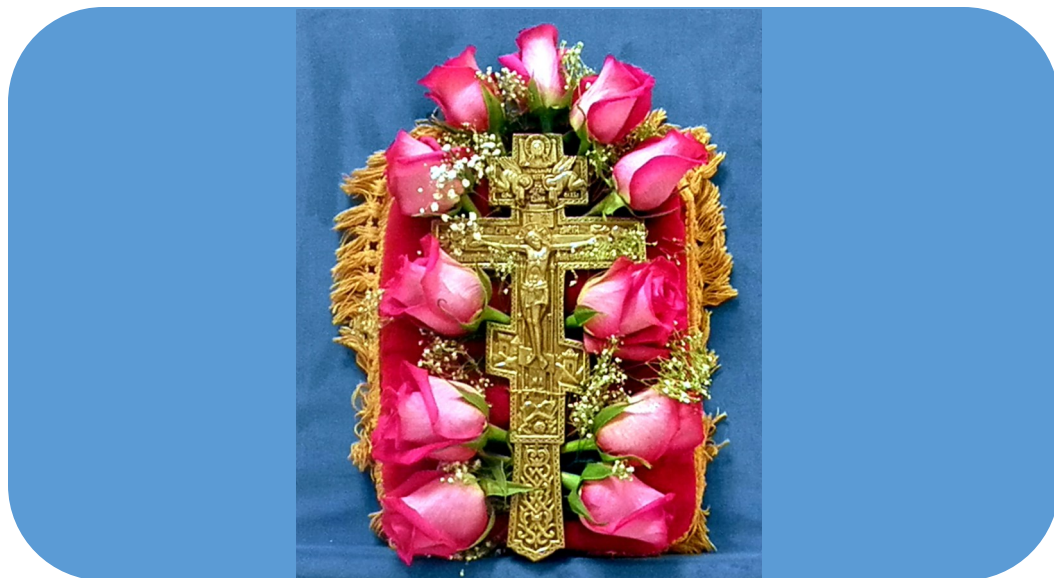
Please make arrangements with
the Pastor

HOLY EUCHARIST

UKRAINIAN CATHOLIC CHURCH

Українська Католицька Церква Пресвятої Євхаристії

Sunday, March 12, 2023



3rd Sunday of the Great Fast: Veneration of the Holy Cross. Octoechos Tone 7

Venerable Father and Confessor Theophanes of Sigriana

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.

Troparion, Tone 1: Save Your people, O Lord, and bless Your inheritance.* Grant victory to Your faithful people against enemies,* and protect Your community by Your cross.

Glory be to the Father, and to the Son, and to the Holy Spirit, now and for ever and ever. Amen.

Kontakion, Tone 7: No longer does the flaming sword guard the gate of Eden;* the tree of the Cross has quenched its flames gloriously.* The sting of death and the victory of Hades are banished,* and You O my Saviour came and called to those in Hades: "Return again to Paradise!"

Instead of Holy God, we sing:

To Your Cross, O Master,* we bow in veneration,* and we glorify Your holy Resurrection!

Prokeimenon, Tone 6

Save Your people, O Lord, and bless Your inheritance.

verse: Unto You I will cry, O Lord my God, lest You turn from me in silence.

Epistle - Hebrews 4:14-5:6

Brothers and Sisters, seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. For every high priest taken from among men is appointed for men in things pertaining to God, that he may offer both gifts and sacrifices for sins. He can have compassion on those who are ignorant and going astray, since he himself is also subject to weakness. Because of this he is required as for the people, so also for himself, to offer sacrifices for sins. And no man takes this honor to himself, but he who is called by God, just as Aaron was. So

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

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
Wednesday, 12:30 pm

Young Adults (18-35)

Contact forthcoming

Cinema Divina

Monthly.
Contact Fr. Michael

also Christ did not glorify Himself to become High Priest, but it was He who said to Him: "You are My Son, today I have begotten You." As He also says in another place: "You are a priest forever according to the order of Melchizedek."

Alleluia, Tone 8

verse: Remember Your congregation which You acquired from the beginning.

verse: But God is our king before the ages; He has wrought salvation in the midst of the earth. (Psalm 73:2,12)

Gospel - Mark 8:34-9:1

The Lord said, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For whoever is ashamed of Me and My words in this adulterous and sin-

ful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels." And He said to them, "Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power."

Hymn to the Mother of God

In you, O Full of Grace, all creation rejoices: the angelic ranks and all the human race. Sanctified temple and spiritual paradise, virgins' pride and boast, from whom God is made flesh and became a little Child; and He who is our God before all ages, He made your womb a throne, and He made it wider that all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.

Communion Hymn

Let the light of Your countenance, O Lord* shine upon us.* Alleluia, alleluia,* alleluia. (Psalm 4:7)

ANNOUNCEMENTS

Sorokousty Service this Saturday at 10:00 am.

Make your Lenten Confession! Saturdays, 4:40-6:00 pm and during the Lenten Mission. Aids to prepare for Confession available at the back of the church.

The Holy Eucharist UCWLC would like to invite all league members, as well as all parishioners, to join us in making a **pilgrimage to the Blessed Vasyl Velychkovsky Shrine** at St. Joseph's Church, 250 Jefferson on Wednesday, April 19 at 7 pm. Please let Lydia know, in person, at 204 668-1920 or by email lydiafirman@hotmail.com by Apr 12 if you would like to join us in.

Did you know that as of March 9, 2023 Holy Eucharist Parish has sent \$9554.00 to **CNEWA Canada** to assist with humanitarian relief in Ukraine? Thank you to all who have given to this fund. Can we pass the \$10,000 mark? The \$15,000 mark? Let's keep giving! They need our help!



**Prayer of
St. Ephrem the Syrian**

O Lord and Master of my life! Drive from me the spirit of indifference and discouragement, lust for power, and idle chatter. (*great prostration*)

Instead, grant to me, your servant, the spirit of integrity, humility, patience, and love. (*great prostration*)

Yes, O Lord and King! Let me see my own sins and not judge my brothers and sisters; for you are blessed for ever and ever. Amen. (*great prostration*)

*Followed by 12 small prostrations,
with the sign of the Cross:*

God, be merciful to me a sinner!

God, cleanse me of my sins
and have mercy on me!

I have sinned without number,
forgive me, O Lord!





A JOURNEY OF REFRESHMENT

LENTEN MISSION:
A DESERT
EXPERIENCE

MARCH 13-15
HOLY EUCHARIST PARISH
WATT & MUNROE
WITH FR. MIKE BOMBAK
HOLYEUCCHARIST.CA

Fr. Michael Bombak

A priest of the Eparchy of Edmonton and pastor of St. Stephen Protomartyr in Calgary. He developed Jesus Prayer 33 and Jesus Prayer 100 projects. Special outreach to young adults involving copious quantities of coffee. His specialty: Theology of the Body from Eastern and Western Christian perspectives.

Monday, March 13

7:00 pm

**Akathist to the Divine
Passion of Christ**

**Mission Presentation
Spiritual Battle**

Confessions

Coffee & Tea

Tuesday, March 14

7:00 pm

Service of Repentance

Mission Presentation

Athletic Training

Confessions

Coffee and Tea

Wednesday, March 15

5:30 pm

**Liturgy of the
Presanctified Gifts**

7:00 pm

**Mission Presentation
Medicine for the Soul**

Confessions

Coffee and Tea

CNEWA Canada Report:

Ukraine Emergency Relief 2022

One year ago, the Russian onslaught against Ukraine transformed the country overnight.

Women, children and the elderly fled their homes, leaving their brothers, sons and husbands behind to fight — not knowing if they'd ever see each other again. They flooded the borders of neighbouring countries. Ordinary families, like your own, turned into refugees from a war zone in the blink of an eye.

Instantly, our church partners were there, serving the people in need. Having worked with the church in Ukraine for years, CNEWA was uniquely situated to respond with immediacy to the escalation of violence by Russian forces.

Working with Caritas, CNEWA Canada ensured the generous donations received from you in the first months of the crisis would provide families with hot meals, recharging station for cell phones, food supplies, personal hygiene kits, emergency shelter, blankets and clothes.

Priests and social workers provided counsel to the traumatized, and parishes and parishioners opened their doors to the displaced and unsettled. Generous donors like you helped CNEWA Canada to send over \$5.7 million to Ukraine in 2022, thus helping to protect and heal Ukrainian families from the horrific violence they've witnessed.

UKRAINE PROGRAM 2022 AT A GLANCE

In 2022, CNEWA Canada funded close to 100 projects in Ukraine ranging from \$200 to \$1,200,000. With your support, the following initiatives became possible:

- At least 365,000 people received essential aid and support
- Close to 6,000 displaced people were hosted
- 316 priests supported, so that they are able to continue serving those in need
- 183 seminarians were able to continue studies and serve people in times of war
- 18 shelters equipped or renovated to host displaced people



9 medical centres were provided with equipment, furniture, renovations and food

At least 6 institutions and 10 parishes were insulated or received generators

NEEDS IN 2023

In 2023, we will provide the following support to displaced Ukrainian families with the help of local parishes, Caritas centres, hospitals, chaplains, seminaries and religious congregations:

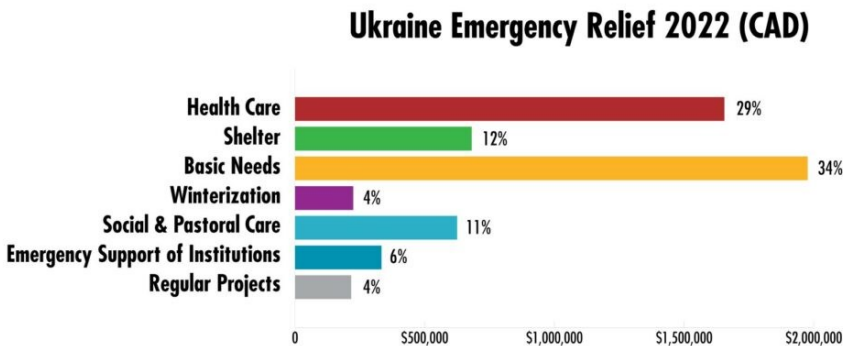
- Essentials such as food, clothing, shelter and medical care for the displaced
- Means of surviving power outages such as heating, fuel and power supplies
- Restoring of families' homes and taking care of orphans
- Psychological and spiritual support for those suffering from trauma

THANK YOU!

CNEWA greatly appreciates the tremendous support provided by all our Canadian donors and the Ukrainian Catholic Eparchies in Canada, as we continue to work together to help Ukraine in 2023.

The stories of sincere and prayerful generosity for Ukraine are inspiring. We will continue to share them with you as we receive reports from the ground.

Please visit cnewa.org/ca/category/ukraine to learn more about how your donation for Ukraine has made a difference.



As of March 9, 2023, Holy Eucharist Parish has sent a total of \$9,554 to CNEWA Canada for humanitarian relief in Ukraine. Thank you! Please keep the donations coming!

The Holy Cross

Not only the Third Sunday of Great Lent, but the week that follows, are devoted to welcoming the Precious Cross of Christ. This adoration of the Cross does not have a penitential character, but rather the opposite: “through the Cross joy has come to the whole world.” Having reached the midpoint of Lent we take refreshment, as though at a spiritual oasis, in the shade of the Cross, which is the banner and emblem of Christ’s victory. The Cross is a sign of our joy in Christ’s triumph. The liturgical texts express this joy; all the hymns in praise of the Cross have a victorious note to them. The Canon of Sunday Matins resembles the Paschal Canon of Saint John of Damascus.

Saint Hippolytus of Rome teaches:

“This Cross is the tree of my eternal salvation, nourishing and delighting me. I take root in the roots of the Cross; I am extended in the branches of the Cross; the dew of the Cross is my delight. The spirit of the Cross refreshes me like a lovely breeze. The shade of the Cross shelters me in my tent; when I flee from excessive heat I find the Cross a refuge, moist with dew, The flowers of the Cross are my flowers. The fruits of the Cross delight me altogether; the fruits of the Cross are always reserved for me, and I feast on the fruits of the Cross unrestrainedly. When I am hungry, the Cross is my nourishment. When I am thirsty, the Cross is my fountain. When I am naked, the Cross clothes me, for its leaves are no longer fig leaves, but the very breath of life. When I fear God, the Cross is my safeguard. When I falter, the Cross is my support. When I go into battle, the Cross is my prize, and when I triumph, the Cross is my trophy.

“The Cross is the ladder of Jacob; the Cross is the path of angels; the Lord is truly enthroned at the summit of the Cross. The Cross is my tree, wide as the firmament. The tree of the Cross extends from earth to the heavens, with its immortal trunk established between heaven and earth. The Cross is the pillar of the universe; the Cross is the support of the whole world; the Cross is the joint of the world, holding together the variety of human nature and riveted by the invisible bolts of the Spirit, so that it may remain fastened to the divinity and impossible to detach. The top of the Cross touches the highest heaven; the roots of the Cross are planted in the earth, and in between the giant arms of the Cross embrace the ever present breaths of air. The Cross is wholly in all things and in all places.”

For us Christians, the Cross of Christ is our boast! Saint Paul said, “God forbid that I should boast, except in the Cross of Our Lord Jesus Christ.” To show our pride in the Cross, just after the Great Doxology at Sunday Matins, we bring out the Cross into the nave of the church for veneration, and we adorn the precious



Cross with flowers. Thus we express our faith that what might have seemed to be the “dead wood” of the cross became the bearer of Life. Dry wood is highly inflammable, yet in the Kondak we sing that:

“... no longer does the flaming sword guard the gates of Eden, for in a strange and glorious way, the Wood of the Cross has put out its flames, and My Saviour, You have stood on the Cross and called out to those in hell: ‘enter again into Paradise.’”

Our liturgical poetry about the Cross of Christ makes much of the many scriptural references to wood, since the Cross of Christ was made from wood. “The Tree of the Cross replaces the Tree of Knowledge of good and evil.” Thus it is best to have a suitable wooden cross for veneration on these feast days. Many Christian cultures have a tradition of carved crosses; our Ukrainian carved wooden crosses are sometimes exquisitely beautiful.

The precious Cross remains in the nave of the church for veneration throughout the week, until Friday. Most of us are not able to come to church each day, but of course we can all pray at home, however briefly. So during this week, we should also have the cross in a place of honour in our home, with some flowers to adorn the cross, and be sure to kiss the cross and pray at least “We bow down before Your Cross, O Master, and we glorify Your Holy Resurrection!” Thus we keep the joy of the Cross throughout the week, and we strengthen the link between the family and the church.

From *Our Paschal Pilgrimage* by Bishop Basil Losten.

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Holy Eucharist
Parish presents

**Cinema
Divina**

Viewing movies
through the lens
of scripture



**7:00 pm Sunday
March 19**

460 Munroe Ave, Winnipeg
Telephone: 204 881-3150

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*For I know the plans I have for you, declares the Lord,
plans for welfare and not for evil,
to give you a future and a hope.
(Jeremiah 29:11)*

Please remember in your prayers our parishioners!

Lavinia Aftanas, Jane Budzen, Sophie Demjanew, Sophie Gierys, Jennie Huchko, Jack Kisil, Nadia Kowal, Olga Kowalski, Stephanie Kupskey, Milly Manitowich, Jean Rotinsky, Fr. Victor Yakowchuk.

Offerings	Sunday, Feb 26	Sunday, Mar 05
Envelopes	\$ 3030.00	\$ 1130.00
Open collection	\$ 25.00	\$ 28.15
Candles	\$ 14.00	\$ 38.70
Flowers	\$ 20.00	\$ 0.00
Initial Offering	\$ 120.00	\$ 5.00
Youth Ministry	\$ 4.00	\$ 0.00
Sacred Art	\$ 20.00	\$ 0.00
Lenten Mission	\$ 40.00	\$ 0.00
Met. Lent Charity	\$ 40.00	\$ 125.00
Total	\$ 3349.00	\$ 1327.85

Parish Schedule March 5-12, 2023

According to liturgical prescriptions, the Divine Liturgy is not celebrated on the weekdays of the Great Fast.

Sunday, March 12

3rd Sunday of the Great Fast: Veneration of the Holy Cross. Octoechos Tone 7; Venerable Theophanes. Heb 4:14-5:6; Mk 8:34-9:1.

08:00 am Divine Liturgy (for parishioners) (Ukr)

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

Monday, March 13

Transfer of the Relics of Our Holy Father Nicephorus. *Great Fast Day 22. Abstention from meat and foods that contain meat.*

Is 14:24-32; Gen 8:21-9:7; Prov 11:19-12:6.

07:00 pm Lenten Mission

Tuesday, March 14

Ven. Father Benedict of Nursia. *Great Fast Day 23.*

Is 25:1-9; Gen 9:8-17; Prov 12:8-22.

08:00 am Lenten Matins

07:00 pm Lenten Mission

07:00 pm Marriage Preparation Class

Wednesday, March 15

Holy Martyr Agapius and those with him.

Great Fast Day 24. Abstention from meat and foods that contain meat.

Is 26:21-27:9; Gen 9:18-10:1; Prov 12:23-13:10.

08:00 am Lenten Matins

12:30 pm Seniors Club

05:30 pm Liturgy of the Presanctified Gifts

07:00 pm Lenten Mission

Thursday, March 16

Holy Martyrs Sabinus and Papas. *Great Fast Day 25.*

Is 28:14-22; Gen 10:32-11:9; Prov 13:19-14:6.

08:00 am Lenten Matins

03:00 pm Way of the Cross

Friday, March 17

Venerable Father Alexius, Man of God.

Great Fast Day 26. Abstention from meat and foods that contain meat. Is 29:13-23; Gen 12:1-7; Prov 14:15-26.

08:00 am Lenten Matins

Saturday, March 18

All Souls Saturday; Holy Father Cyril, Archbishop of Jerusalem. *Great Fast Day 27.*

Heb 6:9-12; 1 Cor 15:47-57; Mk 7:31-37; Jn 5:24-30.

09:00 am Divine Liturgy (+Alex & +Nancy Ledarney by Stand and Sharon Baran)

10:00 am Sorokousty

04:30 pm Confessions

06:00 pm Great Vespers

Sunday, March 19

4th Sunday of the Great Fast: St. John Climacus.

Octoechos Tone 8; Holy Martyrs Chrysanthus and Daria. Heb 6:13-20; Eph 5:9-19; Mk 9:17-31; Mt 4:25-5:12.

08:00 am Divine Liturgy (for parishioners) (Ukr)

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

07:00 pm Cinema Divina: The Island