

**PARISH NEWS - March 8<sup>th</sup>, 2020**

**2<sup>nd</sup> Sunday of Lent**  
**2-га неділя Посту**

**PLEASE REMEMBER IN YOUR PRAYERS / ПРОСИМ О МОЛИТВУ ЗА ЗДОРОВ'Я**

... all our parishioners who are in the hospitals, care homes, shut-ins and those who are not able to join us actively due to health reasons. Remember, if you would like a hospital or home visit, please call the parish office and let us know. Due to privacy laws, all requests must come from the individual or the immediate family.

**Divine Liturgy:**

**Sunday 9:30 a.m. (English & Ukrainian)**  
**Weekdays & Holy Days: Please see bulletin**

***Your Return Gift to God:***

**Last Sunday's Offering: \$585.00 (21 envelopes)**

**Special donation to the church: \$220.00**

**In memory of + Donald Vandentop: \$150.00**

***Thank You for Your Generosity! Дякуємо за вашу щедрість!***

**~ Parish and Community Announcement ~**

***Coffee and Fellowship After Divine Liturgy - Come join us!***

**Fr. Bohdan will be away from Sunday evening March 1<sup>st</sup> until Saturday March 14<sup>th</sup>.**

**Fr. Eugene Halitsky from Windsor will celebrate Divine Liturgy on March 8<sup>th</sup>.**

**For all weekly spiritual emergencies please contact Fr. Zbigniew Rodzinka, Queen of Peace Roman Catholic Church at 519-337-7943. In case of all other emergencies please contact Fr. Tom Hrywna at 519- 890-0416 (Sts. Vladimir and Olga, Windsor Parish).**

**LENTEN MISSION AND CONFESSION**

**This year our Lenten Mission will be offered on: March 27<sup>th</sup> (Friday) - 6:00 PM and March 28<sup>th</sup> (Saturday) - 10:00 AM. Please mark those days. Our Mission priest will be Fr. Bohdan Choly, a pastor at St. Sts. Cyril & Methodius Ukr. Cath. Church, St. Catharines, ON.**

**SAVE THE DATE - 4TH ANNUAL KofC Spring Dinner Dance**

**Fundraiser for Coats for Kids, St Vincent de Paul and other charities. 7 pm - Sat, 25 April 2020 - Our Lady of Mercy Parish Hall.**

**Semi-Formal, 5-course sit down dinner by the Giresis.**

**DJ, Cash bar, Dancing, 50-50, Photo Booth, Gift Baskets and more. Details to follow.**

**“Remember that lent is not just about putting away the bad things.  
It is about creating good things and helping the poor and the needy, being kind to people and much more.”**

**- Jacob Winters -**

### **A DIFFERENT APPROACH TO F A S T I N G**

*Lenten Fasts have a tendency to give up certain foods or entertainment. But there are many other ways we can welcome Jesus' healing touch this Lent. Below are some suggestions you want to consider.*

**Fast from anger & hatred.** Give your family an extra dose of love each day.

**Fast from judging others.** Before judging others, recall how Jesus overlooks our faults.

**Fast from discouragement.** Hold on to the promise that Jesus has a perfect plan for your life.

**Fast from complaining.** Close your eyes and recall some of moments of joy Jesus has given you.

**Fast from resentment or bitterness.** Work on forgiving those who have hurt you

**Fast from spending too much.** Reduce your spending by 10% and give these savings to the less fortunate.

### **GOSPEL REFLECTION: (Mark 2: 1-12)**

The paralytic was cured because of the faith of the four men who brought him to Jesus. As we read in the Gospel **“He saw their faith”**. What was it that Jesus saw? What was it that characterized their faith? **Firstly**, Jesus saw four men who cared. These were four men who weren't thinking of themselves. They didn't need a special blessing from Jesus. But they had a friend who did. And they went through a lot of trouble to get him the help that he needed. **Secondly**, Jesus saw four men who wanted to share Christ. These four men have experienced Christ and His healing love. They wanted their friend to meet Jesus so that he, too, might share the same life changing experience. **Thirdly**, Jesus saw four men who wouldn't give up. They brought their friend to Jesus but when they got near the house, they saw that there was no room to get through. But these men had great faith that refused to die in the face of obstacle. They were determined that nothing would stop them from seeing Jesus. Their friend was sick and Jesus had the power to heal.

Our unwavering desire to bring others to Jesus will also lead us to be creative in how we accomplish this task. It's not always easy to evangelize. So, how do you best bring your spouse, your child, your neighbor or friend to encounter the love of Christ. Be open to many possibilities and let the Lord inspire you. He always has a perfect way, if you only let Him show you.

### **ASK THE PASTOR...**

**QUESTION:** *What is a prostration? Why do we make so many of them during the Great Fast?*

**ANSWER:** As an expression of penance during Great Fast, Eastern Catholics are required to conduct prostrations (called “poklony” in Ukrainian). At the end of Divine Liturgy (Mass) we sing “Having suffered the Passion for us, Jesus Christ, Son of God, have mercy on us. (Preterpivyi za nas strasty, Isuse Khryste, Syne Bozhyi, pomylui nas) and do prostration.” A prostration is an accentuated form of bending the knee - an act of inclining the whole body to the ground. These penitential prostrations are bodily manifestation of humility before God. It allows us to express humility, to worship, and to ask for forgiveness, not only with words, but also with our actions and gestures. In the Slavic tradition, a prostration is performed as follows: starting from the standing position, the person kneels down on both knees, then touches his forehead to the ground, then pauses, and then returns to the standing posture. In the Greek tradition, the basic action is the same, except that the person lies down completely flat on the ground.

### **Lenten Prayer of St. Ephrem**

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk. (*Great Prostration, which is kneeling and touching the forehead to the floor, then standing and making the Sign of the Cross*). But give rather the spirit of chastity, humility, patience, and love to Thy servant. (*Making a prostration*). Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou, unto ages of ages. Amen. (*Making a third prostration*)

We have entered the time of Great Lent. It is a time not only to prepare for Easter, but also for Holy Week, which is the most sacred time of year for all Christians. To further our understanding of Great Lent, allow me to put forth the word: Unsubscribe.

I find it amazing how quickly my inbox will fill up with emails that are not really important, such as a notice for a sale at a local store, coupons, new alerts, daily inspirational quotes, the latest sports scores, etc. Does this sound familiar?

Chances are that we may have subscribed to these email alerts. At first, we may have thought that such email alerts would be valuable, but not so now. They take up space in our inboxes. If we open these emails, we soon recognize that we are wasting our precious time. Once we realize this, we scroll down to the bottom of the email and press the unsubscribe link, into order stop these unwanted emails. When we unsubscribe, the emails could stop at once, or a message may appear telling us that to be removed from the mailing list could take up to “14 days”.

The time of Great Lent is a time to unsubscribe from anything that is preventing us from encountering God’s love and forgiveness. Such things could be fear, worry, the past, idle chatter, indifference, apathy, anger, hatred, just to name a few. To unsubscribe from these things may take more than “14 days”. Great Lent gives us “40 days” to start working on our unsubscribing. As this process happens, room is created in our greatest “inbox”, our hearts. When there is more room in our hearts for God, then our spirits are revived. This will cause us to be more alive, which will truly allow ourselves to experience and celebrate Easter.

As we journey through Great Lent this year, may it be a time to unsubscribe, so our hearts may be revived, and we become more alive.

*(From St. Joseph’s Ukrainian Catholic Church, Winnipeg, MB)*

#### PUPPIES FOR SALE (Understanding)

A shop owner placed a sign above his door that said: “Puppies For Sale.” Signs like this always have a way of attracting young children, and to no surprise, a boy saw the sign and approached the owner:

“How much are you going to sell the puppies for?” he asked.

The storeowner replied, “Anywhere from \$30 to \$50.”

The little boy pulled out some change from his pocket. “I have \$2.37,” he said. “Can I please look at them?” The shop owner smiled and whistled. Out of the kennel came Lady, who ran down the aisle of his shop followed by five teeny, tiny balls of fur. One puppy was lagging considerably behind. Immediately the little boy singled out the lagging, limping puppy and said, “What’s wrong with that little dog?”

The shop owner explained that the veterinarian had examined the little puppy and had discovered it didn’t have a hip socket. It would always limp. It would always be lame. The little boy became excited. “That is the puppy that I want to buy.” The shop owner said, “No, you don’t want to buy that little dog. If you really want him, I’ll just give him to you.” The little boy got quite upset. He looked straight into the store owner’s eyes, pointing his finger, and said; “I don’t want you to give him to me. That little dog is worth every bit as much as all the other dogs and I’ll pay full price. In fact, I’ll give you \$2.37 now, and 50 cents a month until I have him paid for.”

The shop owner countered, “You really don’t want to buy this little dog. He is never going to be able to run and jump and play with you like the other puppies.”

To his surprise, the little boy reached down and rolled up his pant leg to reveal a badly twisted, crippled left leg supported by a big metal brace. He looked up at the shop owner and softly replied, “Well, I don’t run so well myself, and the little puppy will need someone who understands!”

Sunday, March 8, 2020

**Second Sunday of the Great Fast - Gregory of Palamas**  
**Our Venerable Father and Confessor Theophilactus, Bishop of Nicomedia (c. 845)**  
**Great Fast Day 14**

**Troparion, Tone 6:** Angelic powers were upon Your tomb\* and the guards became like dead men;\* Mary stood before Your tomb\* seeking Your most pure body.\* You captured Hades without being overcome by it.\* You met the Virgin and granted life.\* O Lord, risen from the dead,\* glory be to You! Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

**Kontakion, Tone 4:** The time for action is now revealed;\* the Judge is at the door.\* Let us rise and keep the fast,\* offering tears of contrition with alms and crying aloud:\* our sins are more numerous than the sands of the sea,\* but forgive us, O Maker of all, that we may receive incorruptible crowns.

**Prokeimenon, Tone 5**

You, O Lord, will guard us\* and will keep us\* from this generation\* and forever.

**verse:** Save me, O Lord, for there is no longer left a just man. (*Psalm 11:8,2*)

**Epistle - Hebrews 1:10-2:3**

**Alleluia, Tone 6**

**verse:** He who lives in the aid of the Most High, shall dwell under the protection of the God of heaven.

**verse:** He says to the Lord: You are my protector and my refuge, my God, in Whom I hope. (*Psalm 90:1,2*)

**Gospel - Mark 2:1-12**

At that time, Jesus entered Capernaum after *some* days, and it was heard that He was in the house. Immediately many gathered together, so that there was no longer room to receive *them*, not even near the door. And He preached the word to them. Then they came to Him, bringing a paralytic who was carried by four *men*. And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying.

When Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven you.”

And some of the scribes were sitting there and reasoning in their hearts, “Why does this *Man* speak blasphemies like this? Who can forgive sins but God alone?”

But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, “Why do you reason about these things in your hearts?

Which is easier, to say to the paralytic, ‘*Your* sins are forgiven you,’ or to say, ‘Arise, take up your bed and walk’? But that you may know that the Son of Man has power on earth to forgive sins”—He said to the paralytic, “I say to you, arise, take up your bed, and go to your house.” Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, “We never saw *anything* like this!”

**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 than all the heavens. In you, O Full of Grace, all creation rejoices. Glory be to you.

**Communion Hymn**

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