

**PARISH NEWS - August 23<sup>rd</sup>, 2020**

**12<sup>th</sup> Sunday after Pentecost**  
**12-та Неділя після Зіслання Св. Духа**

**Welcome! Bienvenue! Вітаємо! Welcome to St. George's Church!**

**Our mission is to know, love and serve our Lord & Saviour Jesus Christ.**

Here at St. George's Church, the center of our life is the Sunday and daily Divine Liturgy.

It is here where we come to know Christ in each other, in the Sacred Scriptures and through participation in the Holy Sacraments.

A life of Christian Catholic stewardship includes a strong commitment toward the sacramental life through prayer, Liturgy and active ministry.

We are called to become the image and likeness of Christ God in all we say and do.

Website: <http://www.stgeorgessarnia.ca>

Email: [pastor@stgeorgessarnia.ca](mailto:pastor@stgeorgessarnia.ca)

**~ Parish and Community Announcement ~**

Due to changes related to COVID-19, Church bulletins will no longer be printed. You may access bulletin on website at <http://www.stgeorgessarnia.ca>

**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.

**Please Remember to Support Your Parish.**

In these unusual times, we are joining the world with debit or credit card usage.

If your preference is to use a card, please find the [DONATE Link](#) on our website main page.

Mailing traditional Sunday Offering Envelopes is still a good option.

May Our Lord reward you a hundredfold for your generosity. Дякуємо за вашу щедрість!

**LAST WEEK COLLECTION:**

14 Envelopes - \$660.00; Special donation to the church - \$340.00; General Collection - \$15.00;

Special donation to the church (to upgrade PA system) - \$550.00 (Sally Smoly)

## Divine Liturgy:

Saturday 5:00 p.m. (English & Ukrainian)

Sunday 8:00 a.m. (English)

Sunday 10:00 a.m. (English & Ukrainian)

Weekdays & Holy Days: Please see bulletin

## Divine Liturgies this week:

DATE	TIME	INTENTION	OFFERED BY
Saturday, August 29 <sup>th</sup>	5:00 PM		
Sunday, August 30 <sup>th</sup>	8:00 AM		
Sunday, August 30 <sup>th</sup>	10:00 AM	For our parishioners	Fr. Bohdan

### To book a Divine Liturgy (mass) intention...

Please contact the parish office: 519-542-9903 and leave a message.

or email: [pastor@stgeorgessarnia.ca](mailto:pastor@stgeorgessarnia.ca)

Phone messages and emails are checked daily.

## Guidelines for our Church Being Open:

### By-Law Number 76 of 2020 of the City of Sarnia (Mandatory Masks)

All persons entering or remaining in these premises shall wear a mask

or face covering which covers the nose, mouth and chin as required under City of Sarnia By-Law No 76 of 2020.

In-Forced and in effect at 12:01 am Friday, July 31, 2020 and shall remain in full force and effect until December 31, 2020 unless revoked or extended by Council.

Please Observe the Rules. The wearing of face mask in church is mandatory. Please bring your own face mask if possible. If you don't bring your own mask we request a donation of \$1.00 per mask which will go towards purchasing mask. We wish to remind everyone that the reason our churches were allowed to open was only on the condition that these rules are strictly observed. If you won't obey the rules you will jeopardize rules of the Ontario government, which can cause the closure of our church. If you have any questions please call Father Bohdan - 519-542-9903.



**Thank you for your cooperation,** for wearing your face mask during the services; for following the instructions of our volunteers as they direct you to where you may sit; for keeping you two-meter social distancing; for not kissing the icons but venerating them with a bow and the sign of the cross; for following instructions in receiving Holy Communion and keeping a social two-meter distance. As good Christians we are concerned about the health of our dear parishioners and guests.



**Knight of Columbus Leave no Neighbor Behind - Masks for Charity** COVID-19 has closed businesses, put our union workers out of jobs, and given families hard choices to make; Work with a pre-existing condition and feed my family or stay home and social distance. Unfortunately, this has significantly limited our traditional fundraising methods. Last year we raised over \$2200 for Sarnia's food banks. This year because of physical distancing, we cannot fundraise the same way.

*We need your help. Let's help Sarnia our home, where our social programs are lacking, by donating to the people who need it the most. Proceeds from every mask sale will benefit food banks or our Coats for Kids Program in the City of Sarnia where the greatest need exists. You can decide how you help.*

*Let's help our neighbors today and leave no neighbor behind.*

High Quality disposable latex free 3-layer surgical style face mask with a nose band. These masks pass the "candle test" and holds water. 50 pack of mask \$50 with free delivery in Sarnia. We accept all major credit cards, debit, chip, tap, interact, or E-transfers only. No cash. 25 pack for \$30 with arranged pick up.

Contact Eric Madej for ordering information: [gk1429@ontariokofc.ca](mailto:gk1429@ontariokofc.ca) or call/txt 226-776-4993



**Knights of Columbus 1429 General Meeting - September**

As a result of COVID-19, all in-person meetings are cancelled until further notice. This new format will allow members to attend meetings via the web and for those who do not have access via the phone.

This will take place on Tuesday, Sept 1<sup>st</sup> at 7:00 pm - Online WebEx and over the phone. The meeting number (access code): 132 449 7191

**Option 1) To join by phone call:** 1-226-828-9662

When Prompted dial in the meeting number: #132 449 7191

And after the password followed by pressing #

**Option 2) To join on a smartphone, tablet, laptop, or computer visit** (and enter: 132 449 7191)

<https://knightsofcolumbus1429.my.webex.com/>

Followed by the password.

Please contact Eric Madej for a password if you haven't been emailed or mailed a password.

[Gk1429@ontariokofc.ca](mailto:Gk1429@ontariokofc.ca)

226-776-4993



**Change, no matter what**

At the age of 40 an eagle's nails grow too long and too soft and he is then unable to catch his prey. His beak becomes too long and too crooked which does not allow him to eat. The feathers on his wings and breast are too thick and too heavy which hinders his ability to fly. At this point an eagle has a choice - death or a long and painful period that lasts 150 days. He flees to his nest on top of a mountain and there he beats his beak against a rock until the beak falls off. Then he waits until a new beak grows back and with this new beak he pulls out his nails. When his nails grow back he uses them to pluck his heavy feathers. And then, after 5 months of pain and suffering, with a new beak, new nails and new feathers he can live another 30 years.

Very often in order to live we need to change. Sometimes this process is painful, frightening and filled with doubts. We get rid of memories, habits and past traditions. It is only when we are free of the burdens of the past that we can live in the everyday and prepare for the future.

## Become a Member

If you regard St. George's as your parish, then you should become an official member by filling out a registration form. There are no registration fees. Here are some reasons to register: If you need any administrative assistance membership saves you time; you may join the parish council; you will receive our parish mail-outs we do during the year. Also, you will be given a set of donation envelopes so that any donations you make will qualify for an income tax receipt.

### WELCOME NEW PARISHIONERS TO SAINT GEORGE'S PARISH

Please complete this membership form and place in the collection basket.

Family Name: \_\_\_\_\_ First Names: \_\_\_\_\_

Children's Names: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone Numbers: \_\_\_\_\_

Email Address: \_\_\_\_\_



### [A SHORT DAILY PRAYER TO MARY, MOTHER OF PERPETUAL HELP](#)

Mother of Perpetual Help, you have been blessed and favored by God.  
You became not only the Mother of the Redeemer, but Mother of the redeemed as well.

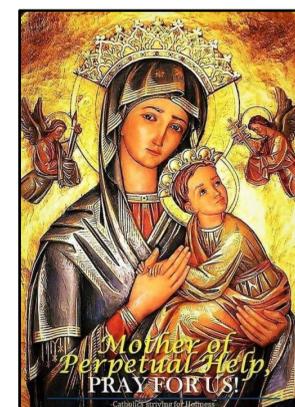
We come to you today as your loving children.

Watch over us and take care of us.

As you held the child Jesus in your loving arms, so take us in your arms.

Be a mother ready at every moment to help us.

For God who is mighty has done great things for you, and God's mercy is from age to age on those who love God.  
Intercede for us, dear Mother, in obtaining pardon for our sins, love for Jesus, final perseverance, and the grace always to call upon you, Mother of Perpetual Help.



**When we cross ourselves**, let it be with a real sign of the cross. Instead of a small cramped gesture that gives no notion of its meaning, let us make a large unhurried sign from forehead to breast, from shoulder to shoulder, consciously feeling how it includes the whole of us - our thoughts, our attitudes, our body and soul, every part of us at once - how it consecrates and sanctifies us. It does so because it is the sign of the universe and the sign of our redemption. ~ Excerpt from "Essential Guardian Sacred Signs"

WHAT'S IN  
YOUR CUP?



Imagine you are holding a cup of tea when someone comes along and bumps into you, making you spill your tea everywhere. Why did you spill the tea? "Well because someone bumped into me, of course!" Nope. You spilled the tea because there was tea in your cup. If it was coffee in the cup, you would have spilled coffee. Whatever is inside the cup is what will spill out. Therefore, when life comes along and shakes you, which WILL happen, whatever is inside you will come out. It's easy to fake it, I've done it myself, until you get rattled and then you lose that filter and that self-control. So we have to ask ourselves... "what's in my cup?" When life gets tough, what spills over? Joy, gratefulness, peace and humility? Or anger, bitterness, harsh words and reactions? You get to choose! Each and every day, let's fill our cups with gratitude, forgiveness, joy, words of affirmation; and kindness, gentleness and love for others. We NEED more of that, our families, partnerships, and communities need more of that. Then let yourself get jostled, and bumped, and tipped, and watch how you change the world!

24<sup>th</sup> August  
**Ukraine**  
Independence Day

### Did you know?

Canada was one of the first countries to recognize Ukraine as an independent state. On August 24, 1991, the Ukrainian parliament adopted the Act of Declaration of Independence of Ukraine. After the people of Ukraine voted overwhelmingly in its favour in a national referendum held on December 1<sup>st</sup>, Canada recognized Ukraine on December 2<sup>nd</sup> and the two countries have maintained strong bilateral ties ever since. In 1992, Ukraine began celebrating Independence Day on the 24<sup>th</sup> of August and this year marks the 29th anniversary of Ukraine's independence.



### A Prayer For Inner Peace

Oh Lord, sometimes our insides feel like a battle zone, where missiles are falling too close to home. Other times we are caught in an endless storm, with thoughts flying out of control. Confusion reigns, and defeat creeps in to steal our joy. We need your peace. Calm our anxious spirit, Lord; all the attacking "if-onlys" and "what-ifs" fill us with needless worry. We know that trust is a big part of experiencing peace and that fear has no place in our lives. Most of the things we worry about or dread don't even happen. So we are declaring my trust in you. I'm releasing the reins of my life again and asking you to take control. I may need to pray this same prayer daily, but I'm tired of the frenzy of life that leaves my schedule and my thoughts without any margin. I need more of you, Lord, and less of me. I surrender and admit: I can't control people, plans, or even all my circumstances, but I can yield those things to you, and focus on your goodness. Thank you today for every good gift you've given, every blessing you've sent, all the forgiveness I did not deserve, and, yes, for every trial you've allowed into my life. I know that when I pray and give thanks instead of worrying, you have promised that I can experience the kind of peace that passes all understanding. That's your kind of peace, Lord. And it's the kind I crave.

### ONLINE UKRAINIAN LANGUAGE CLASSES FALL 2020 for ADULTS & YOUTH

St. Stephen's Protomartyr Ukrainian Catholic Church, Calgary, AB is offering their Ukrainian language classes for adults and youth (at least 12 years of age, preferably together with a parent) via Zoom for the fall semester.

For further details and to register, go to link: <https://www.saintstephencalgary.ca/ukrainian-language-classes.html> or contact Deborah Johnson at [lornejn@telusplanet.net](mailto:lornejn@telusplanet.net) 403-201-6225.



## **Blessed Bishop and Martyr Vasyl Velychkovsky**

*“Blessed are they that are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.” Mt. 5:10*

Blessed Bishop and Martyr Vasyl Velychkovsky, C.Ss.R. was beatified in 2001 by St. Pope John Paul II. His holy relics (a fully intact body) are enshrined in a shrine chapel at St. Joseph’s Ukrainian Catholic Church in Winnipeg, Manitoba, Canada. This is Canada’s Second Martyr’s Shrine. A museum is also attached depicting his holy life. Since the enshrinement, this Shrine has become a source of grace and blessing for many people.

The Shrine Chapel contains the holy relics, a fully intact body, of Blessed Martyr Vasyl Velychkovsky. The chapel was constructed in 2002, designed by a local architect, Ben Wasylyshen. It is filled with symbolism and artwork which help the pilgrim enter into an atmosphere of prayer and into the presence of the holy.

### ***Devotions to Blessed Vasyl Velychkovsky, CSsR***

**- Live-streamed from the Shrine in Winnipeg, MB**

Every Wednesday evening at 8:00 pm (Ontario time), the Redemptorists of the Yorkton Region will be live streaming the Blessed Vasyl Velychkovsky Devotional Services from the Shrine Chapel.

This will continue during the pandemic.

Please join us in prayer. The link to the broadcast is:

<https://www.youtube.com/channel/UCFDrZoGsYeJG1lqgdZyfYMA/featured>

## **Blessed Bishop and Martyr Vasyl Velychkovsky - HIS LIFE**

The twentieth century is known as a century of martyrs. Millions of people gave up their lives for Christ. In the Soviet Union under the atheistic regime many Christians, especially Ukrainian Catholics laid down their lives rather than deny Jesus Christ and His Church.

Honoring this sacrifice, Pope John Paul II beatified a number of martyrs for the Ukrainian Catholic Church on June 27, 2001. Among the martyrs was Nicholas Charnetsky and his twenty-four Companions. They all shared their martyrdom under the Soviet regime, mostly during and after the Second World War. Among the Companions was the Redemptorist Bishop, Vasyl Velychkovsky.

Blessed Vasyl was born into a priestly family in Stanislaviv, now called Ivano-Frankivsk, on June 1, 1903. His father was an assistant at the Cathedral where Vasyl was baptized. His family soon moved to the village of Shuparka near Borshchiv. Here Vasyl was raised and educated, mainly by home schooling. The First World War interrupted his studies.

In 1911 during a mission at his grandfather’s church in Probizhnia, young Vasyl was dedicated to the Mother of God. Throughout his life he referred to this event as pivotal, since he always sensed himself under the protection of her loving care. After becoming a Redemptorist, he promoted devotion to our Mother of Perpetual Help with every mission he conducted. The rosary for him was a pillar of strength throughout his imprisonment.

After the War Blessed Vasyl completed his high school and entered the Major Seminary in Lviv. After being ordained a deacon by Metropolitan Andrij Sheptytsky, Blessed Vasyl entered the Redemptorist novitiate in Holosko in 1924. On October 9, 1925 he was ordained in the chapel in Zboisk to the priesthood by Bishop Josyf Botsian. The following two years he taught at the minor seminary, but his heart was in preaching missions. Recognizing his gift of preaching, he was soon assigned to the missions, first in Stanislaviv and in 1928 to Volyn.

In Volyn he worked out of Kovel among the Orthodox faithful, who wished to join the Catholic Church, and among Ukrainian Catholic immigrants from Halychyna. Here he had much success. His sensitivity to the ways of the eastern Orthodox made him dearly loved by the people. Unfortunately, political strife between the Poles and the Ukrainians caused him to leave Volyn in 1935.

He returned to Stanislaviv where with other Redemptorists he continued his parish missions. He went from village to village preaching a two-week long Redemptorist Mission. He preached to hundreds of thousands of faithful.

When the Second World War began and the Soviets first occupied Western Ukraine, Blessed Vasyl was in Stanislaviv serving in a thriving Redemptorist mission church. His heart went out, especially to the poor country folk that came to the city to earn a living. In 1940, on the feast of our Mother of Perpetual Help, while the city was occupied by the Soviets, Blessed Vasyl dared to have a procession of 20,000 people through the streets of Stanislaviv. After the procession he was arrested. Fearing the people who were ready to shed their blood for him, the Soviets released Father Vasyl.

Since he had experience working with the Orthodox, he was sent by Metropolitan Sheptytsky to Kamianets Podilsk in Greater Ukraine in 1941. At that time the city was under German occupation. There, as in Volyn, he experienced a great spiritual revival. However, he was forced to leave as his life was threatened by the German army.

In 1944, Blessed Vasyl volunteered to go to Ternopil even though the Soviet front had already arrived. Amidst the shelling of the city, he did his pastoral work courageously and boldly.

In the spring of 1945 the Soviets sought to arrest him, but he eluded them by going from village to village giving missions. Finally, on August 7, 1945, the Soviets came to the monastery in Ternopil and arrested him. He was given a chance to deny his faith, leave the Catholic Church and serve as a Russian Orthodox priest. He quickly responded with "No, Never." Even though he was offered freedom and life if he would accept their proposal, he responded with "you can shoot me and kill me but you will not get any other answer."

After one year of interrogations and tortures in the KGB prison in Kiev, he was finally sentenced on June 26, 1946 to die by firing squad. He was on death row for three months. While in the cell with others on death row, he catechized them and prepared them through the sacraments for their coming death. When his name was called, he left the cell ready to die for Christ, but at that moment, his death sentence was commuted to ten years in Soviet labour camps.

He spent most of his years working in the coal mines of the Vorkuta region above the Arctic Circle. Accused of inciting a strike among the prisoners in the fall of 1953, he was transferred to a most severe prison in Vladimir, near Moscow. After protesting his innocence, he was sent back to Vorkuta.

When his prison sentence was completed, he was sent to Lviv. He became instrumental in organizing the underground church. Some called him the Father of the Underground Church. His apartment became the centre of church activity: Divine Liturgies, administering the sacraments, catechesis, preparing seminarians, counseling and the like. He also began to organize religious sisters, even though the monasteries were officially closed, and taught them a new way of living out their monastic and religious life. Many a vocation was fostered by Father Vasyl's guidance and care. In 1959 Rome appointed Fr. Vasyl to be bishop of this underground church. Unfortunately, there were no bishops in Ukraine who could ordain him.

In 1963, Metropolitan Josyf Slipyj was released from 18 years of Soviet labour camps to attend the Second Vatican Council in Rome. While in Moscow, he called Fr. Vasyl to come immediately to his hotel room in Hotel Moskwa. When Fr. Vasyl arrived, Metropolitan Josyf began the Rite of Ordination to the episcopacy. The secret ordination finished and Metropolitan Josyf was taken to Rome. Bishop Vasyl returned to Lviv to do his episcopal work.

On January 27 of 1969, Bishop Vasyl was again arrested. He was accused of anti-Soviet agitation in a book he wrote on The Icon of the Mother of perpetual Help, for listening to Vatican radio and for baptizing people. He was sentenced to a three-year prison term in Komunarsk in Eastern Ukraine. There he underwent chemical, physical and mental

torture. The Soviets attempted to extract information from him about the underground church but were unsuccessful. Near death in 1972, he was released from prison and was exiled from Ukraine.

Metropolitan Maxim Hermaniuk invited Bishop Vasyl to come to Winnipeg, Canada in June, 1972. Overcome by the tortures and death causing drugs he received while in prison, he died a martyr's death on June 30, 1973. After the funeral services in Sts. Vladimir and Olha Ukrainian Catholic Cathedral, he was buried on July 5 in All Saints Cemetery near Winnipeg.

After Blessed Vasyl was beatified by Pope John Paul II, preparations began for the exhumation and enshrinement of his holy relics. His holy body was exhumed on September 16, 2002. Following Vatican protocol, it was examined by a team of doctors and church personnel. His holy body was found to be fully intact with all its muscle mass. His holy body was re-vested with new vestments and placed in a stainless steel sarcophagus. On September 22, 2002, his holy relics were enshrined in a chapel in St. Joseph's Ukrainian Catholic Church in Winnipeg, Manitoba, Canada. Pilgrims come and pray before Blessed Vasyl, seeking his powerful intercession.

On July 20, 2014 during the All-Ukraine Pilgrimage to Zarvanytsia, Ukraine, Patriarch Sviatoslav solemnly proclaimed Blessed Vasyl to be the **Patron of Prison Ministry** for the Ukrainian Greek Catholic Church.

### **Sunday, August 23, 2020**

**Twelfth Sunday after Pentecost, Tone 3;**

**Leave-taking of the Feast of the Holy Dormition; Holy Martyr Luppus; Holy Priest-Martyr Irenaeus, Bishop of Lyons (193-211)**

#### **Troparia and Kontakia**

**Troparion, Tone 3:** Let the heavens be glad, let the earth rejoice,\* for the Lord has done a mighty deed with His arm.\* He trampled death by death. He became the first-born of the dead;\* He saved us from the abyss of Hades\* and granted great mercy to the world.

**Troparion, Tone 1:** In giving birth you retained your virginity,\* in falling asleep you did not abandon the world, O Mother of God.\* You passed into life, for you are the Mother of Life,\* and by your prayers\* you deliver our souls from death.

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

**Kontakion, Tone 3:** You rose from the tomb, O compassionate Lord,\* and led us out from the gates of death.\* Today Adam exults and Eve rejoices,\* and the prophets together with the patriarchs\* unceasingly acclaim the divine might of Your power.

Now and for ever and ever. Amen.

**Kontakion, Tone 2:** The tomb and death could not hold the Mother of God,\* unceasing in her intercession and 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 3**

Sing to our God, sing; sing to our King, sing.

**verse:** Clap your hands, all you nations; shout unto God with the voice of joy. (*Psalm 46:7,2*)

**verse:** My soul magnifies the Lord, and my spirit has rejoiced in God my Saviour.

#### **Epistle - 1 Corinthians 15:1-11**

Brethren, I declare to you the gospel which I preached to you, which also you received and in which you stand, by which also you are saved, if you hold fast that word which I preached to you—unless you believed in vain.

For I delivered to you first of all that which I also received: that Christ died for our sins according to the Scriptures, and that He was buried, and that He rose again the third day according to the Scriptures, and that He was seen by Cephas, then by the twelve. After that He was seen by over five hundred brethren at once, of whom the greater part remain to the present, but some have fallen asleep. After that He was seen by James, then by all the apostles. Then last of all He was seen by me also, as by one born out of due time.

For I am the least of the apostles, who am not worthy to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am, and His grace toward me was not in vain; but I labored more abundantly than they all, yet not I, but the grace of God *which was* with me. Therefore, whether *it was* I or they, so we preach and so you believed.

### **Alleluia, Tone 3**

**verse:** In You, O Lord, have I hoped that I may not be put to shame for ever.

**verse:** Be a protector unto me, O God, and a house of refuge to save me. (*Psalm 30:2,3*)

**verse:** Rise up, O Lord, to the place of Your rest, You and the ark of Your holiness.

**verse:** The Lord swore an oath to David, and will not go back on His word. (*Psalm 131:8,11*)

### **Gospel - Matthew 19:16-26**

At that time, a young man came and said to Jesus, “Good Teacher, what good thing shall I do that I may have eternal life?”

So He said to him, “Why do you call Me good? No one *is* good but One, *that is*, God. But if you want to enter into life, keep the commandments.”

He said to Him, “Which ones?”

Jesus said, “‘You shall not murder,’ ‘You shall not commit adultery,’ ‘You shall not steal,’ ‘You shall not bear false witness,’ ‘Honor your father and *your* mother,’ and, ‘You shall love your neighbor as yourself.’ “

The young man said to Him, “All these things I have kept from my youth. What do I still lack?”

Jesus said to him, “If you want to be perfect, go, sell what you have and give to the poor, and you will have treasure in heaven; and come, follow Me.”

But when the young man heard that saying, he went away sorrowful, for he had great possessions.

Then Jesus said to His disciples, “Assuredly, I say to you that it is hard for a rich man to enter the kingdom of heaven. And again I say to you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.”

When His disciples heard *it*, they were greatly astonished, saying, “Who then can be saved?”

But Jesus looked at *them* and said to them, “With men this is impossible, but with God all things are possible.”

### **Hymn to the Mother of God**

Seeing the pure one’s falling asleep, angels marvelled in wonder how the Virgin could ascend from earth to heaven.

**And the *Irmos*:** O pure Virgin, in you are conquered the bounds of nature,\* for childbirth remains virginal and death is betrothed to life.\* Virgin after childbearing and alive after death, O Mother of God,\* never cease to save your inheritance.

### **Communion Hymn**

Praise the Lord from the heavens;\* praise Him in the highest. (*Psalm 148:1*)\* I will take the chalice of salvation;\* and I will call upon the name of the Lord.\* Alleluia, alleluia,\* alleluia. (*Psalm 115:13*)



## BYZANTINE ACT OF SPIRITUAL COMMUNION

O Lord, I believe and profess that you are truly Christ,  
The Son of the living God, who came into the world  
To save sinners of whom I am the first.

Although I cannot now be a partaker of your mystical supper,  
O Son of God,  
Come at least spiritually into my heart by your Divine Grace  
for the healing of my soul and body.

For I will not reveal your mystery to your enemies,  
Nor will I give you a kiss as did Judas,  
But like the thief I profess to you:

- + Remember me, O Lord, when you come in your kingdom.
- + Remember me, O Master, when you come in your kingdom.
- + Remember me, O Holy One, when you come in your kingdom.

O Lord, I also believe and profess, that this,  
Which I would receive, and which is now  
here present with us in Mystery,  
Is truly your most precious Body, and your life-giving Blood.  
*May I one day partake of your mystical supper again For the remission of all  
my sins and for life everlasting. Amen*

- + O God, be merciful to me, a sinner.
- + O God, cleanse me of my sins and have mercy on me.
- + O Lord, forgive me for I have sinned without number.

*With Ecclesiastical Approbation. Byzantine Catholic Eparchy of Phoenix*