

Life tends to slow down in the summer, and the temptation toward laziness (especially in prayer) reaches an all-time high. While vacation presents us with a wonderful and much-needed time to refresh, we shouldn't let our relationship with God fall to the wayside. So, whether you find yourself at the beach or just hanging out poolside this summer, follow these 3 tips to keep your spiritual life from taking a vacation.

Keep it consistent

Pick a time each day you like to pray and stick to it, even if you're traveling. Maybe you like to pray while you brew your morning coffee, or while the kids nap. Praying at the same time each day helps cement the habit of prayer in your life, and that habit will carry you throughout the whole year.

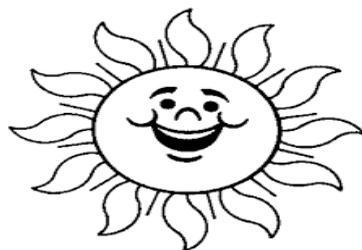
Prioritize Mass

Getting to Mass while on vacation isn't always easy, but you should at least prioritize Mass on Sundays. When planning your trip, research nearby Catholic churches where you can fulfill your Sunday commitment.

Many parishes also offer weekday masses that can fit easily into your summer schedule, while still leaving time to enjoy time in the hammock or at a cookout with friends and family.

Add a spiritual read to your list

If reading at the beach is what you like to do, why not pick up a book that will help your spiritual life flourish? We can learn so much about the faith through writings from saints, theologians, and other holy men and women. Adding a spiritual book to your summer reading list edifies both your mind and your soul. It can foster a greater knowledge of God and can help deepen your relationship with Him.



ST. JOHN THE THEOLOGIAN CATHOLIC CHURCH **(BYZANTINE-UKRAINIAN RITE)**

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web: www.stjohnuc.com tel. (905) 937-3393
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St. John's Kitchen tel. (905) 937-1616

5th Sunday after Pentecost



Today, O God, we have turned to you in search of direction for our lives, and you did not turn us away. You have opened our ears to your word, our eyes to your purpose, and our hearts to your presence. Now send us forth as people who hear with their ears, see with their eyes, and understand with their hearts, that your word might bear fruit within us and through us.

Pastor: Rt. Rev. Msgr. Anton Szymychalski - Mitred Archpriest
In retirement: Rev. Basil Kondusky
Parish Secretary - Mrs. Chrystyna Tymczyszyn

Parish office is open Tuesday - Friday from 8:30 a.m.- 12:00 noon
after hour EMERGENCIES ONLY please call (905) 327-3563

Divine Liturgy:

Saturday 4:15 p.m. (Eng.) Sunday 10:00 a.m. (Ukr. & Eng.)
Weekdays & Holy Days: see bulletin

Sacraments:

Confession - Before or after Liturgy; anytime by request
Baptism, Marriage - Please contact the parish office

July 14th, 2019 – 5th Sunday after Pentecost

Epistle: Rm. 10:1-10 Gospel Reading Mt. 8:28-9:1
Reader: O. Czerwoniak (Eng.) Next week: S. Kozela (Ukr.)

DIVINE LITURGY SERVICES:

Sat. July 20th: 4:15 p.m. Divine Liturgy (Eng.) +George Tkachuk & +Mary Fogdton
Req. by Helen Brodoway
Sun. July 21th: 10:00 a.m. Divine Liturgy (Ukr. & Eng.)

*THIS WEEK OUR SANCTUARY CANDLES BURN FOR GOOD HEALTH UPON CHRIS MILO
REQUESTED BY MARY & BILL TRUSH.*

OFFERINGS:

June 23rd: \$1,175.00 Automatic debit donations: \$175.00
June 30th: \$1,222.00 Automatic debit donations: \$195.00
July 7th: \$930.25 Automatic debit donations: \$735.00
Church Donation: W. & N. Matwijow (in memory of +Marge Butler) \$50.00
Development Donations: T. Lee \$50.00; Z. Lewicki \$20.00;
Maintenance & Upkeep Donations: P. Koval \$25.00; T. Lee \$50.00; J. Prystypa \$20.00; P. Gerelus \$50;
V. Perrone \$10.00; Z. Lewicki \$20.00; O. Czerwoniak \$10.00
Church Donations in memory of +Cecilia Osczypko: G. & M. Offen \$100.00;
A. Atamanuk \$100.00; H. Szakacz \$30.00 ; S. & K. Sitko \$50.00
Church Donations in memory of +Josef Tymczyszyn: B. & H. LaCombe \$20.00;
D. & L. Osadec \$25.00; M. & B. Trush \$50.00; M. Tymczyszyn \$100.00;
W. & N. Matwijow \$25.00
Errors or omissions? Please call the office. - *THANK YOU!*

PLEASE PRAY FOR OUR SICK AND SHUT-IN:

Kateryna Dacko, Alexandra Matychuk, Lesia Melnyk, Olga Onyschuk, Stephania Zubatiuk, Bob French
Helen Brodoway, Rose Kondusky, Matteo Niickolai Grochowina-Totolo, Sharon Cybulak, Josifa Cuipka,
Greg Kondusky, Alexandra Bucciarelli, Heidi Walters, Fr. Basil Kondusky, Tena Wowchuck,
Jean Diggins, Sharon Hudgen, Paula Kozachenko, Sawyer Christie, Bette Johnson,
Phyllis Romak, Ricki Holubowsky, Michalyna Juskiw, Sophie Craig, Walt Cybulak & Joseph Perrone.
Lord, Jesus Christ, You who traveled throughout Galilee healing the sick, enabling the blind to see and the lame to walk, bring healing to Your people who need it this day. Give peace to the minds of those who are tortured by mental illness and anxiety. Comfort those who are alone in their illness. May Your people reach out to them and all who are in need this day. Send grace to the caregivers, that they might be effective and gentle agents of Your loving mercy. May our sufferings be united with Yours to bring healing to people throughout the world. Amen

Announcements:

Mark your calendars - Sts. Cyril & Methodius Golf Tournament will be held on September 7, 2019 at Niagara Falls Golf Club. Save the date!

A reminder that the Kitchen is closed for a well deserved holiday from July 22nd until August 6th. During this time major cleaning and maintenance is done. Please take this opportunity to show your appreciation to those who work in the kitchen every week all year by helping out with the cleaning so they don't have to. There is something for everyone. There are sinks to be scrubbed, ovens and stoves to be cleaned and polished, freezers to be cleaned and defrosted, refrigerators to be cleaned out and washed, cupboards to be emptied and washed, and general clean up. Even an hour will make a difference. Please let Fr. Anton know if you are able to volunteer. **MANY HANDS MAKE WORK LIGHT! THIS IS EVERYONE'S PARISH.**

Interested in becoming a member of St. John's Church? Registration forms are available at the back of the church. Please fill it out and return it to the parish office so a set of envelopes can be issued to you.

Did you know that you can now sign up for Recurring Donations? We can arrange to have your donation automatically transferred from your bank account each week. Automatic giving is secure and convenient and can be arranged through the parish office.

Ukrainian Canadian Congress, Hamilton invites all to its 9th Annual "Ukrainian Day on the Bay Boat Cruise" on Saturday, August 10th, 2019 at 47 Discovery Drive, Hamilton. Explore the beauty of Hamilton Harbour and Bay on a Boat Cruise while enjoying Ukrainian music and food. **Boarding at 2:30 pm. Cruise 3:00 to 5:30 pm.** Adults/Students \$30; Ages 12 and under \$5 (Food not included). For tickets call 905-335-6534 or email at ucchamilton@yahoo.ca

***WE WELCOME LEO ROBERT DOIG
SON OF LARYSSA AND WESLEY DOIG,
WHO WILL BE BAPTISED AND CONFIRMED DURING
LITURGY TODAY.
Many Happy Years!
Mnohaya Lita!***