

Lenten prayers for the departed (Sorokousty) will be held every Wednesday morning during Lent at 10:00 a.m. If you wish to include any names of any departed relatives in this year's services, please return an envelope marked "Sorokousty" with your list of names of the departed you wish to pray for. If you already have a list and have no new names to submit, please write "Same as last year" on your envelope when you return it.

Stations of the Cross will be every Friday at 7:00 p.m. during Lent. This is a popular devotion used by individuals who, through prayer and reflection wish to follow Jesus Christ on his way to Calvary. It is a wonderful way to pray and meditate to help deepen our understanding of the way of the Cross.

*Please join us Wednesdays and Fridays for any or both services.*

### **Bows and Prostrations**

When people are moved in other Christian traditions, they might sing, "Halleluiah," or shout "Amen," or drop to their knees in worship, or raise their hands in praise. In the same way, we use movement to express our praise, submission, and awe of God so that our bodies, minds, and souls are acting in unison.

We call these physical acts of prayer reverences or prostrations.



There are certain times in our prayers that express submission, so it is customary to make a reverence at those points. There are other times when an individual feels moved and makes a reverence out of personal devotion, uniting themselves more closely to a petition or prayer.

It is our custom to make a reverence at the beginning and the end of our services and also when the Trinity is invoked, making the Sign of the Cross and bowing from the waist. Outside of the divine services, we generally make a reverence when we begin a prayer, when entering and leaving a church, and when venerating icons and other sacred objects.

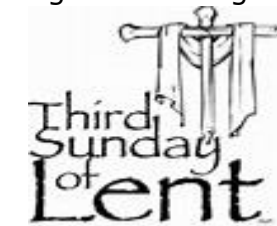
Our Lenten reverences consist of bowing from the waist or touching our heads to the ground symbolizing our submission of body and soul to God's will.

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

91 Lakeshore Rd. St. Catharines, ON L2N 2T6  
web: [www.stjohnuc.com](http://www.stjohnuc.com) tel. (905) 937-3398  
e-mail: [stjohnukrainian@bellnet.ca](mailto:stjohnukrainian@bellnet.ca) fax: (905) 935-0881  
St. John's Kitchen tel. (905) 937-1616

### **3rd Sunday of Lent**

God of light and God of night  
Creator of seed and mountain, raindrop and fountain  
We bring our offering of praise.  
God of right and God of might  
Lover of child and childless, rich and homeless  
We bring our offering of praise



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

**Sacrament of the Sick, nursing home or hospital visit** - Please call the office to request a visit. Due to strict regulations at hospitals and care homes, the individual, immediate family member or power of attorney must do requests.

**March 19, 2017 - 3rd Sunday of Lent**  
**Veneration of the Cross**

**Epistle:** Heb. 4:14-5:6    **Gospel:** Mk. 8:34-9:1  
**Reader A.** Atamanuk (Eng)    **Next week:** J. Luciw (Ukr.)

**DIVINE LITURGY SERVICES:**

**Wednesday March 22nd:** 10:00 a.m. Sorokousty with Pre-Sanctified Gifts (Eng.)  
**Thursday March 23rd:** 11:00 a.m. Divine Liturgy - +Paul Ternowski 40<sup>th</sup> day  
Requested by Ellen Ternowski  
**Friday March 24th:** 7:00 p.m. Stations of the Cross (Eng.)  
**Saturday March 25th:** 4:15 p.m. Divine Liturgy (Eng.) +Desmond Mallon  
Req. by Mary Mallon  
**Sunday March 26th:** 10:00 a.m. Divine Liturgy (Ukr. & Eng.)  
Feast of the Annunciation

***THIS WEEK OUR SANCTUARY CANDLES BURN IN LOVING MEMORY OF +BEN SMOOK  
REQUESTED BY THE FAMILY.***

**OFFERINGS:**

March 12th: \$1,015.00  
**Roof Fund:** Z. Lewicki (in memory of +Stella Lewicki) \$20.00; R. Borowyj \$10.00;  
O. Czerwoniak (in memory of +Nadia Storoschuk) \$30.00;  
**Development Donations:** P. & R. Holubowsky (in memory of +Anna Zeleniak) \$25.00;  
Z. Lewicki (in memory of +Stella Lewicki) \$25.00; B. & M. Trush \$50.00; CUPE Local 1287 (in memory of +Anna Zeleniak) \$50.00  
**Church Donation:** O. & J. Pryshlak (in memory of +Nadia Storoschuk) \$40.00;  
P. Ternowski (in memory of +Paul Ternowski) \$100.00  
Errors or omissions? Please call the office. - **THANK YOU!**

**PLEASE PRAY FOR OUR SICK AND SHUT-IN:**

Kateryna Dacko, Alexandra Matychuk, Becky Mussat, Lesia Melnyk, Olga Onyschuk, Stephania Zubatiuk, Fran Chayka, Helen Brodoway, Rose Kondusky, Matteo Niicolai Grochowina-Totolo, Sharon Cybulak, Josifa Cuipka, Greg Kondusky, Cecilia Osczyppo, Alexandra Bucciarelli, Heidi Walters, Bob French, Fr. Basil Kondusky, Mary March, Tena Wowchuck, Art Holowachuk, Diana Seniuk, Jean Diggins, Sharon Hudgen, Michael Kozachenko, Paula Kozachenko, Sharon Dohan, Slava Kozela, Sawyer Christie, Bette Johnson, Val Runduns, John Hamm, Phyllis & John Romak

*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:**

**Choir Practice** – Tuesday March 21st at 7 p.m.

Prizes are needed for our Annual Big-A-Bucks raffle tables. If you are able to donate a new item, please bring it into the parish office by **March 24th**. Donations must be new items and be accompanied with a receipt, to be eligible for income tax purposes.

Help is needed on Monday March 27<sup>th</sup> at 9 a.m. to prepare beets and horseradish. If you are available for a few hours, please come to the kitchen that morning.

A very sincere thank you to all those who came out to our annual St. Patty's Dinner and to those who helped in anyway with set up, clean up and preparing the food. It was a very nice evening full of music and fellowship.

**Parish Council Meeting** – Monday March 20<sup>th</sup> at 6:00 p.m.

7-day Easter candles – if you would like to purchase an Easter Candle for a special intention or in memory of a loved one, please submit your request to the parish office by April 5th. Candles are \$5 each and will be lit on Holy Thursday.

**Road Trip to Sault Ste. Marie to celebrate St. Mary's Church 100<sup>th</sup> Anniversary!** Cost is \$175 per person (includes bus and banquet ticket). If you are interested in participating please call the parish office to add your name to the list. A deposit of \$100 will be needed as soon as possible. Accommodations must be booked by you at the Quattro Hotel (1-800-563-7262 or [www.quattrossm.com](http://www.quattrossm.com)) where a block of rooms have been reserved. Please reference "St. Mary's Centennial" when booking. This promises to be a great time of faith, fun and fellowship!

St. Georges Pysanka Bingo will be held Wednesday March 29<sup>th</sup> in their Parish Hall, 4 Augusta Ave. Doors open at 6 p.m. games begin at 6:30 p.m. Admission is \$10 and includes coffee, dessert and one door prize ticket. To book a table of 8 please call Margaret at 905-892-8772.

***PYSANKA BINGO***

***Wednesday March 22<sup>nd</sup>***

***Doors open at 6 p.m. games start at 7 p.m..***

***Admission is \$10 and includes, refreshments at break-time, 1 bingo card and a chance to win a door prize!***

***There will be a raffle along with paskas, pyrohy and much more for sale.***

PLEASE WISH THE FOLLOWING PARISHIONERS A HAPPY BIRTHDAY:

**20<sup>th</sup>:** Jessica Myronuk    **22<sup>nd</sup>:** Natalia Chornopovsky

**24<sup>th</sup>:** Pritpal Nagra    **25<sup>th</sup>:** Zenko Balahura

God Grant Them Many Years! Mnohaya Lita!

