

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

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St. John's Kitchen tel. (905) 937-1616

1st Sunday of Lent

Father, through our observance of Lent,
help us to understand the meaning
of Your Son's death and resurrection,
and teach us to reflect it in our lives.
Grant this through our Lord Jesus Christ, Your Son,
who lives and reigns with You and the Holy Spirit,
one God, for ever and ever.



Pastor: Rt. Rev. Msgr. Anton Szymychalski – Mitred Archbishop

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 5, 2017 - 1st Sunday of Lent

Epistle: Heb. 11:24-26; 32-12:2 **Gospel:** Jn. 1:43-51
Reader G. Barton (Eng.) **Next week:** N. Palchuk (Ukr.)

DIVINE LITURGY SERVICES:

Wednesday March 8th: 10:00 a.m. Sorokousty with Pre-Sanctified Gifts (Eng.)
Friday March 10th: 7:00 p.m. Stations of the Cross (Eng.)
Saturday March 11th: 4:15 p.m. Divine Liturgy (Eng.) +William Saranchuk
req. by George Saranchuk
Sunday March 12th: 10:00 a.m. Divine Liturgy (Ukr. & Eng.)

*THIS WEEK OUR SANCTUARY CANDLES BURN FOR
GOD'S BLESSINGS AND GOOD HEALTH UPON ALL OUR SHUT-INS.*

OFFERINGS:

Feb. 25th: \$620.00
Church donations: B. & M. Trush (in memory of +Paul Ternowski) \$25.00;
Anonymous \$1,000.00
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 Niickolai Grochowina-Totolo, Sharon Cybulak, Josifa Cuipka, Greg Kondusky, Nadia Storoschuk, Cecilia Osczytko, 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.

PLEASE WISH THE FOLLOWING PARISHIONERS A HAPPY BIRTHDAY:

9th: George Saranchuk
10th: Thomas Bayer, Myroslawa Neprily, Alicia Tymoszewicz
14th: Joshua Belay
God Grant Them Many Years! Mnohaya Lita!

Announcements:

Choir Practice – Tuesday March 14th at 7 p.m.

Prizes are needed for our Annual Big-A-Bucks raffles. If you are able to donate a new item, please bring it into the parish office during the week. Donations must be new items and be accompanied with a receipt, to be eligible for income tax purposes.

We are in immediate need of a few more volunteers to act as collectors. Please call the parish office if you would like your name to be added to the schedule.

10:00 A.M.

PYSANKA BINGO – will be held on Wednesday March 22nd at 7 p.m. Admission at the door is \$10 and includes, refreshments and breaktime and 1 card and also chance to win a door prize!

Parish Council Meeting – Monday March 20th at 6:00 p.m.

Volunteers are needed for our St. Patrick's Dinner, Pysanka Bingo and Big-A-Bucks. If you would like to help, please call the parish office.

Just a reminder that the parish office hours are Tuesday – Friday 8:30 a.m. until noon! Please do not enter the hall through the kitchen entrance after office hours, since the alarm could be set. Each time we set off a false alarm, the church is charged \$50!

Parish Council would like to thank you to all those who helped in anyway with the Banquet in honour of our Patriarch Sviatoslav. Thank you to the volunteers that helped prepare the food and worked in the kitchen, including an entourage of ladies from Sts. Cyril's & Methodius Church. Thank you to the table setters, the servers and bartenders, the choir who sang beautifully, Genya Dominick for acting as Emcee and Dr. Allan Struk, Marika Shach-Korda & Jessica Barton for greeting the Patriarch so graciously. Thank you to Collin and Kelly Maslink for playing the violin and harp so beautifully and a very special and heartfelt thank you to Fr. Anton for organizing such a memorable and tasteful event – *Parish Council*

St. Patrick's Day Corned Beef and Cabbage Dinner

Featuring Vox Violins

Saturday March 11th, 2017

Buffet Dinner – 6 p.m.

Tickets are \$20 per person and can be purchased through the parish office during the week or from the store.

Parish Lenten Retreat given by Fr. Anton will take place on Thursday March 16th and Friday March 17th at 7 p.m. We encourage all to attend to help prepare ourselves for our journey to Easter.

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