

**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

*24th Sunday after Pentecost*



Blessed Lord, who caused all holy Scriptures to be written for our learning:  
Grant us so to hear them, read, mark, learn, and inwardly digest them,  
that we may embrace and ever hold fast the blessed hope of everlasting life,  
which you have given us in our Savior Jesus Christ; who lives and reigns  
with you and the Holy Spirit, one God, for ever and ever. Amen.

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 for phone calls only!

No visitors please!

After hour EMERGENCIES ONLY please call (905) 327-3563

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Sunday Divine Liturgies will be livestreamed on our Facebook site (St. John Byzantine Ukrainian Church) every Sunday at 10 a.m.

Sunday Divine Liturgy at 10:00 a.m. Attendees must be preregistered.

November 15th 2020 - 24<sup>th</sup> Sunday after Pentecost

Epistle: Eph. 2:14-22 Gospel Reading: Lk. 8:41-56

**DIVINE LITURGY SERVICES:**

Sun. Nov. 15th: 10:00 a.m. Divine Liturgy

Sat. Nov. 21st: 4:15 p.m. Divine Liturgy + Michael Koval Jr., req. by Paula Koval

Sun. Nov. 22nd: 10:00 a.m. Divine Liturgy

**OFFERINGS:**

Sunday Donations: Nov. 8th: \$800.00 Automatic debit donations: \$265.00

Church Donations: D. & L. Osadec (in memory of +Marge Scherb) \$100.00; P. Koval (in memory of +Michael Koval Jr.) \$50.00; Anonymous (in memory of +David Wisnoski) \$255.00

**We are most grateful to all of you who have been donating for the support of the church.**

**God bless you and keep you in His loving care.**

**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, Greg Kondusky, Heidi Walters, Fr. Basil Kondusky, Tena Wowchuck, Sharon Hudgen, Paula Kozachenko, Sawyer Christie, Phyllis Romak, Ricki Holubowsky, Walt Cybulak, Helen Kokotka, Fr. Walter & Mary Dacko, Nicole Demers & Ellen Ternowski.

*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*

***THIS WEEK OUR SANCTUARY CANDLES BURN  
FOR GOD'S BLESSINGS AND GOOD HEALTH UPON ALL THE SICK AND SHUT-IN  
OF OUR PARISH.***

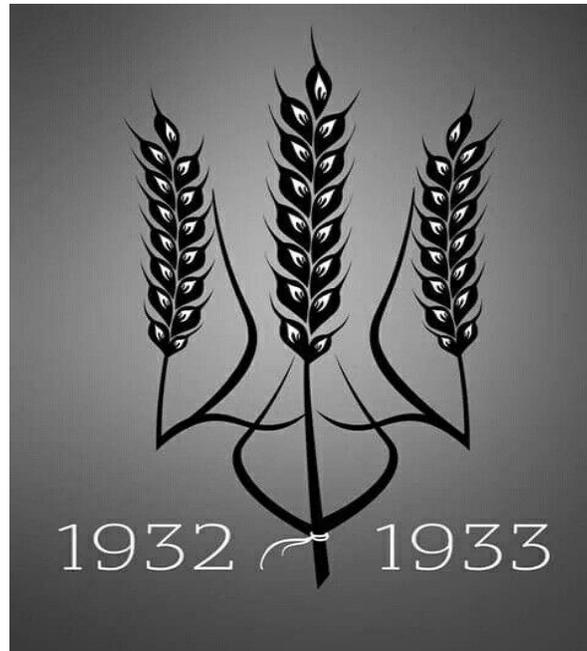
Please remember if you need to visit the parish office, you must first make an appointment. No walk-ins!!

Ukrainian Canadian Congress invites all to a Candle-lit Memorial Service, Saturday November 28<sup>th</sup> at 7:15 p.m. on the front lawn of Sts. Cyril & Methodius Church to commemorate the 87<sup>th</sup> Anniversary of the Holodomor Famine-Genocide in Ukraine which killed over 7,000,000 people. COVID rules will apply with social distancing, masks and a limit of 100 people. Please bring your own candles.

The following Parish Council positions are up for election in January: Vice-Chairperson and Treasurer. If you are interested in putting your name forward for either position or have any questions regarding the duties of the positions, please speak with Fr. Anton or Christine in the parish office. Please remember that Parish Council works to promote unity - keeping the parish together by enabling people to think, pray, work and play together.

The Ukrainian Canadian Congress Niagara Branch will host a *Drive Thru Food Drive* on Saturday November 28<sup>th</sup>. This food drive is to commemorate the Holodomor-Genocide in which over 7,000,000 people died in Ukraine during the years 1932-1933. People can drop off their canned & dried food goods at St. Cyril & Methodius Church parking lot, Saturday November 28<sup>th</sup> between noon and 2 p.m. where volunteers will collect your donations from your vehicle. All donations will be given to Community Care St. Catharines.

We at St. John's will host a food collection on November 21<sup>st</sup> & 22<sup>nd</sup>, where our parishioners can bring their donations here when coming for Liturgy. All food collected will then will be brought to St. Cyril's the following week. Let's all help those in need!



*Sincerest sympathies to Liz & Don Osadec in the loss of Liz's dear sister  
+Marge Scherb.*

*Eternal Memory. Vichnaya Pamyat.*

*Sincerest sympathies to Paula Koval in the loss of her dear brother  
+Michael Koval Jr.*

*Eternal Memory. Vichnaya Pamyat.*

***Just a reminder that everyone must wear a mask when inside the church. This is for the safety of everyone.***

# Pylypiwka - The Pre Christmas Fast

## *A Journey of Expectation, Preparation and Fulfilment*

Fasting periods prior to feast days are meant to prepare us for the feast. Unlike the Great Fast prior to Pascha (Easter), the Pre Christmas fast is seldom practised, and many do not even know of its existence. This is partly because a detailed structure was never established for this fast. Yet this 40 day preparation period should be preserved and practised. This is an ancient fast. The Feast of the Nativity was added to the church calendar in Rome in the 4th century. The fast was practiced as early as 567 AD in various forms for various lengths of time.

Fasting - The word “fast” means not eating all or certain foods. The purpose of fasting is to remind us of the Scriptural teaching, “**Man does not live by bread alone.**” The needs of the body are nothing compared to the needs of the soul. Above all else, we need God, who provides everything for both the body and the soul. Fasting teaches us to depend on God more fully.

Ukrainian Catholics refer to the pre-Christmas fast period as *Pylypiwka* or *St. Philip's Fast*, as it always begins on November 15th, the day after the feast of St. Philip the Apostle. It ends on December 24th. This fast once had very strict rules. Today, the Church encourages us to abstain from meat on Wednesdays and Fridays. We are also required to practice the spirit of sacrifice, penance, especially charity. To prepare to celebrate the joy of Christmas, we fast, we pray more and we increase our acts of love and compassion. Fasting is a call for conversion directed to our body, and fasting has the special consequence of putting things into proper perspective. It is a process by which we become free from and independent of all material things. And as we free ourselves from things outside of ourselves, we also free ourselves from the passions within us that are keeping our interior life in chains. This new freedom will make room in our body for new values. Therefore, fasting liberates us from a kind of bondage and sets us free to enjoy happiness.

It is important to approach the fasting with the right attitude. It does not make sense to abstain from meat on Friday only to go out to an elegant lobster dinner. It is essential that an inner fast accompany the outer fast. Fasting involves not just food, but the entire being.

Our mouths should fast from off-color, offensive or hurtful words.

Our eyes should fast from things they shouldn't see, perhaps movies or television programs that do not promote Christian values.

Our ears should fast from listening to things they shouldn't, like gossip and music that goes against moral integrity.

Our minds should fast from thoughts that aren't compatible with our lives as Christians.

Constant activities and a hectic pace of life are the enemies of a healthy spiritual life. One of the ways that we can fast is to let go of our frenzied pace of life. We need to take time to sit at the feet of the Lord and dwell in His presence.

Let us approach this season of preparation in the hope that this time allows us to experience a new awareness of God's presence, and our need for God.



**Please note the procedure when attending Divine Liturgy on Saturdays and Sundays.** We will continue to streamline one service at 10:00 a.m. for those who prefer or cannot attend. Your safety is our greatest concern but you must comply with the rules.

**Those who have the following Coronavirus related symptoms should stay home:**

1. a fever above 37.5 C,
  2. breathing problems,
  3. coughing
  4. those who have traveled outside the country in the last 14 days,
  5. those who have had contact with a person with Coronavirus,
  6. those who have had contact with a person who traveled internationally and has a breathing problem.
- On Sunday we will have volunteers at the entrance of the church, who will be asking everyone about their health. Each person will have to sign a form that they are healthy. Forms will be provided if you don't have one.
  - Everyone will enter through the center doors and go out through the side doors.
  - You will have to sit where you are asked to sit. (Church will be sanitized after every service)
  - There will be no prayer books in church so you must bring your own or you can purchase one for \$1.00 which you can keep and bring with you every week.
  - All people are required to wear masks in church for the protection of others.
  - People from the same household may sit together. People from different households must practice the 2-meter distancing.

**We remind everyone that they must pre-register to attend any Liturgy. This must be done every time, since we only have room for 50 people. Please call the parish office (905) 937-3393 during the week to reserve your spot.**

Thank you to all those who have been coming in to volunteer in our Kitchen. We are happy to be back to our "new normal". Since the region has been approved to proceed to Stage 3 of Covid restriction, we are now able to have more people in the kitchen. We will continue with the same procedures that have been in place. Volunteers will have to sign in and have their temperature taken, wear a mask and sanitize their hands. Your safety is our greatest concern and if we all comply with the rules, we will all stay safe.

The new schedule for the kitchen is as follows:

**Monday a.m.:** pyrohy & pie dough  
apple peeling

**Tuesday a.m.:** potato boiling & balling  
cabbage rolls

**Wednesday a.m.:** pies

**Thursday a.m.:** Pyrohy

Meatsticks, soups, shepherd's pie and lasagnas are not made on a set date, only when needed. Our store will be open Thursdays & Fridays only from 9:00 a.m. – 5:00 p.m.

**We thank everyone in advance for their continued support of St. John's, especially during this time.**