



• **UKRAINIAN ORTHODOX CHURCH OF ALL SAINTS** •

1500 Day Street, Winnipeg, MB R2C 1E4

Father Nicholas Orest Rauliuk and Father Bill Wasyliv

Father Deacon Thomas Chaput

Reader/Cantor: Allan Pawluk and Len Matiowsky • Choir Director: Jan Michalyszyn

2nd SUNDAY OF GREAT LENT

Sunday, 31 March, 2024

Epistle Reading: Heb. 1: 10-2: 3 • *Gospel:* Mk. 2: 1-12

SUNDAY SERVICES:

Sunday, 31 March, 2024 – BILINGUAL

Sunday, 7 April, 2024 – ENGLISH

Sunday, 14 April, 2024 – BILINGUAL

Sunday, 21 April, 2024 – ENGLISH

Sunday, 28 April, 2024 – BILINGUAL

Confession will be available on Sunday morning starting at 9:15 AM. It is recommended that members of All Saints attend confession at least once every four (4) months.

PLEASE REMEMBER IN YOUR PRAYERS: Fr. Oleh and Dobrodyka Maria, Victor and Helen, Rev. Frs. Olexander, Eugene, Dobrodyka Genya, Zane, Olga, Chelsey, Olga S., Roy, Elaine.

PRAYER OFFERINGS: If you would like someone to be mentioned in prayer, submit their names by email, directly to Fr. Nicholas - revorestrauliuk@gmail.com , Fr. Deacon Thomas - thechaputs@shaw.ca or allsaintsuoc@mymts.net , or inform one of the church elders.

The care and maintenance of our property remains a priority. If you are unable to attend church, please continue to support us with your offerings. All Saints accepts Interac E-transfers for donations in addition to cheques or cash. Please submit e-transfers to allsaintsuoc@mymts.net .

ATTENTION ALL CHURCH MEMBERS

The 2024 Church memberships fees are now due. The fees are \$163.00 per person and \$326.00 per family

CHOIR NEWS

All Saints choir welcomes all participation from the congregation in singing and reciting hymns and prayers of the Liturgical services. Please join us!

There are Liturgy booklets in the pews. Please ask an elder or sister to locate one for you.

SUNDAY SCHOOL: Thank you to Anya Haraschuk and Demi Kuzyk Bernier for providing this important program for our children. For more information about our Sunday School program, please contact Anya Haraschuk at fedyaz@yahoo.ca or Demi Kuzyk at demikb@shaw.ca .

LET'S CELEBRATE!

If you or your family are celebrating a major life event such as a birth, birthday, anniversary, retirement, etc., please notify Fr. Deacon Thomas at thechaputs@shaw.ca so a note of congratulations can be included in our bulletin. We look forward to sharing in your joy

SUBMISSION TO THE MEDIA MANAGER

If you need anything posted online or have information or images to share contact Brenda at (204) 334-7762

Do You Have an Item for Our Bulletin? Please contact us via email at allsaintsuoc@mymts.net
NEED A RIDE TO CHURCH? If you're unable to make the trip on your own, we would be pleased to provide you with transport. Contact us at allsaintsuoc@mymts.net and we'll arrange a ride for you.

COMING EVENTS:

BAKE SALE – 20 April, 2024

All baking welcome. Please slice and pack for the sale and price accordingly. Please bring your baking on Friday 19 April from 9:00 am to 2:00 pm. The canteen will be open.

GARAGE SALE – 25 May, 2024

Donations are welcomed. Please bring your donated items on Thursday 23 May, from 6:00 pm to 8:00 pm, and Friday 24 May, from 9:00 am to 2:00 pm. The canteen will be open.

All donated items must be in very good condition with no broken pieces. Donations will be accepted on Thursday afternoon (May 23) from 12:00 pm - 8:00 pm as well as all day Friday (May 24) from 10:00 am - 6:00 pm.

There will be separate tables set up for specific items, i.e. appliance table, dishes, cookware, shoes, toys, jewelry, etc. Coat racks will be used to display clothing.

Any help with setup, sorting, pricing of items would be appreciated.

Your support is needed to ensure these fund-raising events are successful.

Please circle these dates on your calendars and let your family and friends know about them!

CHECK US OUT!

All Saints website, Facebook page, and Instagram has a great deal of information waiting for you at your fingertips!

All Saints news and information can be accessed at:

Church Website: <https://www.allsaintsuoc.ca/>

Facebook: <https://www.facebook.com/allsaintsuoc/>

Instagram: <https://www.instagram.com/allsaintsuoc/>

UKRAINIAN ORTHODOX CHURCH OF ALL SAINTS 2024 Parish Council & Support Volunteers:

President – Len Matiowsky, (431) 668-8335

Clergy – Fr. Nicholas Orest Rauliuk, (431) 374-1794 or (204) 691-5689

Fr. Deacon Thomas Chaput, (204) 470-6376

VP Fundraising – Emil Kowal, (204) 488-2200

Secretary – William Rodrigues, (431) 334-7764

Treasurer – Bob Michalyshyn, (204) 228-7386

Property Manager – Wayne Biegun, (431) 777-3303

Hall Manager - Bob Talbot, (204) 422-8755

Sistretsya Coordinator – Olga Barth, (204) 254-4706

Sunday School Director – Anya Haraschuk, (204) 339-2255

Sunday School Assistant – Demi Kuzyk-Bernier, (204) 224-9608

Choir Director – Janet Michalyshyn, (431) 998-4866

Cantor – Allan Pawluk, (204) 334-5909

Church Librarian: Dob. Nadia Krawchenko-Chaput, (204) 470-9425

Kitchen Crew Coordinator: Jennifer Osachuk (204) 338-4859

Media Manager: Brenda Pozdal (204)

Members at Large:

Lawrence Chubey, (204) 256-8785

Ted Kowal, (431) 279-4965

Pat Valen, (204) 661-0661

Gary/Bonnie Persowich, (204) 257-7413

Werner/Olga Saxler, (204) 955-1255

Oleg Kan (431) 374-5622

DIVINE LITURGY LIVE STREAMS CAN BE FOUND AT THESE WEBSITES:

- Live stream from **Ukrainian Orthodox Church of All Saints**, Winnipeg, MB @ 10:00

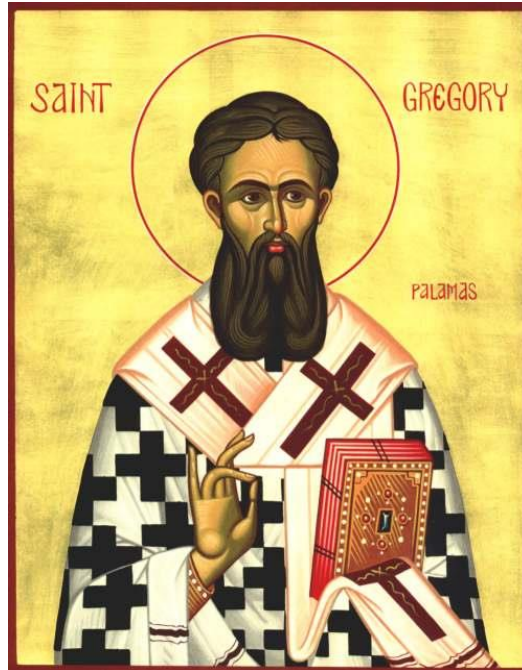
<https://www.facebook.com/allsaintsuoc/live>

- Live stream from **Holy Trinity Ukrainian Orthodox Metropolitan Cathedral**, Winnipeg, MB @ 6:30 am

<https://www.facebook.com/HTUOMC/>

2nd SUNDAY OF GREAT LENT - Tone 2

St. Gregory Palamas



Today we encounter and commemorate St. Gregory Palamas, known as a theologian of Hesychasm - the mystical tradition of experimental prayer in the Church. The timing of this commemoration is no accident -we will need the coming weeks of quiet contemplation in order to develop these skills and add them to our spiritual toolkit.

While we can never fully comprehend God in His uncreated and incalculable Essence, St. Gregory explained that we can become more "God-like" by experiencing certain "energies." Simply put, just because we can't describe what God "is" doesn't mean we can experience His existence. Our devotion to continued prayer sharpens the senses in order to attain a level of spiritual awareness which allows us to experience the Uncreated Light - the very energies of God that are responsible for the existence of all life. Devotion to these teachings provide us with a model and offer guidance in adopting the practice of continual prayer, or contemplation, in our daily lives. On the first two Sundays of Lent, the Church makes manifest a vision of God's grace that the prophets of the Old Testament sought to experience. By emulating the spiritual discipline of St. Gregory Palamas we are given the opportunity to lift up our eyes to gaze upon that same divine vision.

St. Gregory was born in 1296 and entered the monastic life at the age of 20. His path to monasticism was interrupted by the invasions of the Turkish armies, so he fled Mount Athos to settle in Thessaloniki on the east coast of Greece. He was then ordained to the priesthood. St. Gregory now straddled the line between a life of a monk and that of a priest: laboring to attain spiritual perfection during the week and also ministering to his parish community. Through his steadfast devotion to these dual disciplines, he brought the practice of continual prayer, normally found behind the walls of a monastery, out into the world. He quickly realized that his own personal spiritual life was further enhanced and strengthened by engaging with the public. He recognized that fact we can have a relationship with God through communal life of the monastery and also by personal efforts made in the world.

St. Gregory's unique place in the Church offers a certain visibility to the mystical tradition of Hesychasm and also an opportunity to articulate the benefits of this practice, instructing believers why they should adopt it in their own lives. We can and should utilize the remaining weeks of Great Lent as an opportunity to develop these skills, in hopes of maintaining this way of life even after celebrating Pascha. The lifestyle changes we adopt during the Fast, such as making a renewed effort to pray, allows us to strip away the inconsequential distractions in our lives in order to attach ourselves to Christ and fully experience the victory over death through His Resurrection. The solemn journey to Pascha is an adjustment our priorities but it becomes a joyous and transformational experience when we realize the distractions we gave up cannot compare or replace the benefits of spiritual aesthetics.

In the life of St. Gregory Palamas, the Church provides us another holy witness to Good News of the Gospel: The God of the Orthodox Church is not of this world. Even though He walked upon the same ground, Jesus Christ is unlike any of the great philosophers the world has ever produced, far eclipsing the likes of Socrates or Plato. For Jesus Christ, the Son of God, is the embodiment of Divine Wisdom, the same wisdom that brought existence into being, the same wisdom Socrates and Plato spent their lives searching for.

As we commemorate this second triumph of Orthodoxy, we must now again affirm our rejection of the spirit of the world that has rejected God, so that we may become servants of the true wisdom of God, the Only Lover of Mankind. Now is time for us to take up the ascetic disciplines

and submit ourselves to Christ's Holy Church, so that under her guidance we can continue our path to ascendancy.

Слава Ісусу Христу! Slava Isousou Christou! Glory to Jesus Christ!

Слава Навіки! Slava Na Veecky! Glory Forever!



Be kinder than necessary because everyone is fighting their war or battle and suffering losses. Live simply, love generously, care deeply for the needs of your neighbour, speak softly... And leave the rest to the Lord. It is not faith, nor dogmatics, nor mysticism, nor ascetism, nor fasting, nor long prayers, but love that makes one a true Christian.

Everything becomes pointless without this fundamental thing - love for our neighbour.

St. Luke (Voyno-Yasenetsky)

ПОРЯДОК БОГОСЛУЖЕНЬ – К В І Т Е Н Ь - 2024

7-го: 3-тя неділя Св. Великого Посту – НЕДІЛЯ ХРЕСТОПОКЛОНА

-Сповідь - 9:00 - 9:45 ранку.

-Св. Літургія – 10:00 ранку; ПАНАХИДА (за ВСІХ ПОМЕРШИХ РІДНИХ)

-ПАСІЯ о годині 5:00 веч. У Церкві Зіслання Св. Духа – Толстой, Ман.

14-го: 4-та неділя Св. Великого Посту

- Сповідь – 9:00-9:45 ранку

- Св. Літургія – 10:00 ранку

- ПАСІЯ о годині 6:00 вечора в Церкві Всіх Святих – Трансконі

20-го: СУБОТА

-Говіння Духовенства – в Колегії Св. Андрія

-Сповідь – 9:00 ранку

-Св. Літургія – 10:00 ранку

21-го: 5-та Неділя Св. Великого Посту

-Сповідь – 9:00 - 9:45 ранку.

-Св. Літургія – 10:00 ранку.

-ПАСІЯ – о годині 6:00 вечора в Соборі Святої Покрови

28-го: ВЕРБНА НЕДІЛЯ

-Сповідь – 9:00 - 9:45 ранку; Св. Літургія – 10:00 ранку

- Посвячення верби зараз по Св. Літургії.

Т Р А В Е Н Ь

1-го: СТРАСНА СЕРЕДА

-Св. Служба Єлеопомазання -7:00 веч. в Всіх Святих- по англійському

-7:00 вечора в Соборі Св. Покрови –в українській мові

3-го: СТРАСНА П'ЯТНИЦЯ

-Винос Плащаниці – о годині 8:00 вечора.

5-го: ВЕЛИКДЕНЬ – СВІТЛЕ ВОСКРЕСІННЯ ХРИСТОВЕ

-Воскресла Св. Літургія – о годині 8:45 ранку.

-Посвячення Пасок зараз по Св. Літургії.

SCHEDULE OF SERVICES – A P R I L – 2024

7th: 3rd Sunday of Great Lent – ADORATION OF THE HOLY CROSS

- Confession – 9:00. am to 9:45 am
- Bringing out of the Holy Cross – 9:50 am
- Divine Liturgy – 10:00 am; “CONGREGATIONAL PANAXIDA”
- “PASEEYA” – 5:00 pm - Descent of the Holy Spirit – Tolstoi, Manitoba

14th: 4th Sunday of Great Lent

- Confession – 9:00 am to 9:45 am
- Divine Liturgy – 10:00 am
- “PASEEYA” – 6:00 pm – All Saints – Transcona

20th: Saturday – Confessions & Communion – Clergy Families and Public

- St. Andrew’s College; - Holy Confession – 9:00 am
- Divine Liturgy – 10:00 am

21st: 5th Sunday of Great Lent

- Holy Confession – 9:00 am to 9:45 am
- Divine Liturgy – 10:00 am
- “PASEEYA” – 6:00 pm – St. Mary the Protectress Sobor

28th: PALM SUNDAY

- Holy Confession – 9:00 am to 9:45 am
- Divine Liturgy – 10:00 am
- Blessing of Willows immediate after the Divine Liturgy

M A Y

1st: Holy Wednesday – HOLY UNCTION SERVICES:

- All Saints – 7:00 pm – English Service
- St. Mary the Protectress Sobor – 7:00 pm – Ukrainian Service

3rd: Holy Good Friday

- Bringing Out Of The Holy Shroud – 8:00 pm

5th: ORTHODOX EASTER -RESURRECTION OF OUR LORD JESUS CHRIST

- Holy Confession 8:00 to am to 8:30 am
- Easter Divine Liturgy 8:45 am
- Blessing of PASKA (Easter Baskets) immediately after the Divine Liturgy
{outside weather permitting}

OUR JOURNEY TO PASCHA! 2024

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS		THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 25th		<i>TRIODION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week MARCH 3rd		The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare MARCH 10th FAREWELL TO MEAT TODAY		The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 17th FAREWELL TO CHEESE TODAY		Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 24th		<i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 31st		ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent APRIL 7th		VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent APRIL 14th		ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 21st		ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 28th GREAT WEEK BEGINS		<i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY MAY 3rd		GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! MAY 5th NO FASTING!		<i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!