



• 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

CHEESE-FARE SUNDAY – SUNDAY OF FORGIVENESS

Sunday, 17 March, 2024

Epistle Reading: Rom. 13: 11-14 : 4 • *Gospel:* Matt. 6: 14-21

SUNDAY SERVICES:

Sunday, 17 March, 2024 – BILINGUAL

Sunday, 24 March, 2024 – ENGLISH

Sunday, 31 March, 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 .

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.

SUBMISSION TO THE MEDIA MANAGER

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

THERE WILL BE NO SUNDAY SCHOOL THIS SUNDAY 17 MARCH

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 .

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.

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!

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

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.

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) 334-7762

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/>

CHEESE-FARE SUNDAY – SUNDAY OF FORGIVENESS - Tone 8

St. Alexis the Man of God

CHEESE-FARE SUNDAY – SUNDAY OF FORGIVNESS

Today we in the Orthodox Church have arrived at the Sunday of Forgiveness or Cheesefare Sunday. The Gospel for this Sunday is Matthew 6:14-21, which speaks of the importance of Forgiveness and in another aspect, the importance of fasting, but not for show but rather for one's own soul.

In the Church, this is the last day on which the eating of dairy and egg products is allowed. On Monday which is often referred to as Pure or Clean Monday, Great Lent Begins, a period in which we are exhorted to fast from meat, fish, dairy and egg products.

In the earliest days of Christianity, only two days of fasting were designated prior to Pascha, later it involved the entire week from Palm Sunday to Pascha. By the 4th century, the period of fasting had been extended an additional 40 days in imitation of Jesus' 40 days of fasting in the wilderness. Most if not all monasteries observe this strict form of fasting, whereas, many in the modern times, because of personal reasons etc., have modified their strict observance. But as the Gospel Lesson says, our

fasting should be done in private and that we should not gloat over those for whatever reason do not follow the strict, correct form of the fast. It is indeed admirable if one is able to observe the fast as prescribed for it does help especially with one's own prayer life, for Lent, is a very intimate preparation to meet the Lord.

All Orthodox Christians should fast, but each person and each family must prayerfully choose and commit themselves to a specific fasting discipline that is suitable to their own circumstance and that they can keep. Strict fasting in the early Church meant no eating of food at all during the day and after eating sparingly. Whatever your discipline, some sort of fasting is good for the soul and for one's prayer life.


So let us set out upon the fast with joy, preparing ourselves for spiritual combat. Let us purify our souls and cleanse ourselves for spiritual battle. Let us purify our souls and cleanse our bodies, so as we fast from food, let us also fast from every evil passion, rejoicing in the virtues of the spirit!

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

Слава Навіки! Slava Na Veeky! Glory Forever!

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!



The Winnipeg Orthodox Clergy Association
invites all to the
Pan-Orthodox Vespers for the

Sunday of Orthodoxy

Sunday, March 24, 2024

5:30 p.m.

Holy Trinity Metropolitan's Cathedral of the Ukrainian
Orthodox Church of Canada

1175 Main St..

Children to bring icons and participate in the procession with
the holy icons.

Lenten Reception to follow.

JOB OPPORTUNITY
INTERPRETIVE GUIDE AND CURATORIAL ASSISTANT

Ukrainian Museum of Canada, UWAC, Manitoba Branch
Located at 1175 Main Street, Winnipeg, Manitoba, R2W 3S4.

The Museum, founded in 1950, cultivates the diverse knowledge and appreciation of the experiences, cultures, and histories of Ukrainians in Canada, Ukraine, and the diaspora. Details of our activity are described in our website www.umcmb.ca. The Museum is incorporated in the Province of Manitoba and is a registered, non-profit charity with Canada Revenue.

Primary Responsibilities of the Museum Interpreter are:

- Guiding individual/group tours through the Museum, educating visitors about the history of Ukrainians in Canada and the diaspora.
- English language required and Ukrainian language would be an asset.
- Providing visitor service and a positive experience for guests.
- Gift shop duties.
- Answering the phone, responding to questions related to the Museum and redirecting calls.
- Assisting with curatorial, collections management and research projects.
- Performing start-of-day and end-of-day tasks such as security protocols, and leaving the Museum in good order.

Primary responsibilities of the Curatorial Assistant are:

- Assist with display and storage of artifacts to ensure proper conservation methods.
- Assist with researching origins and provenance of artifacts and assist with cataloguing artifacts.
- Develop story lines and themes in order to help organize displays and exhibits, including online exhibits.
- Assist in producing and disseminating promotional materials using digital technology.
- English language and some fluency in the Ukrainian language required.
- Maintain security during open hours and follow security protocols when leaving.

Competencies/Experience:

- Must be between the ages of 15 and 30, and meet all other eligibility criteria for the Canada Summer Jobs Program. Must be a permanent resident.

- Employment is seasonal from: May 14, 2024 through to August 31, 2024 subject to approval of the Canada Summer Jobs Program.
- The work schedule is 30 hours/week. The museum is open from 10:00am to 4:00pm, Tuesday to Saturday.

*Interested applicants should submit their resume & cover letter no later than March 30, 2024 to:
Ukrainian Museum of Canada, Manitoba Branch ukrmuswpg@hotmail.com*

*Please attach one PDF file to your email that includes both your cover letter & resume.
We thank all candidates for their interest; however, only candidates selected for further
consideration will be contacted.*