

GENERAL INFORMATION

WELCOME TO OUR PARISH: Our warmest greetings are extended to all visitors and guests who are participating in today's Divine Liturgy. What a joy it is to have you praying with us. After the service do not hesitate to introduce yourselves to Fr. Roman and find out more information regarding the Orthodox faith.

FOR MEETINGS WITH THE PARISH PRIEST: If Parish members or visitors would like to arrange a meeting with the Parish priest, please approach Rev. Tsaplan at the Fellowship Hour following the Liturgy or call him at 604-876-4747 or 604-325-2639. Father Roman would be pleased to meet with you to discuss home or hospital visits to the sick, marriage, baptisms, parish membership, special services or spiritual support.

SUNDAY SCHOOL: From September through to June, Sunday School classes are offered at the pre-school, kindergarten and intermediate levels. Classes occur each Sunday from 9:45 a.m. till 11:00 a.m. in the lower level of the Cathedral. At 11:00 a.m., the children come into the Church to attend the balance of the Liturgy.

UKRAINIAN SCHOOL: Classes are held each Sunday following the service. To enroll your children or grandchildren, please call the office at 604-876-4747. Parents are urged to bring their children to both Sunday and Ukrainian School.

FELLOWSHIP HOUR: Following the service, Parish members and visitors are invited to join us for coffee, a light snack and continued fellowship in the Auditorium.

**ВІТАЄМО ВСІХ ГОСТЕЙ ТА ПРИХОЖАН НАШОЇ КАТЕДРИ І ЩИРО
ПРОСИМО В НАШ ЗАЛ НА КАВУ.**

MEMBERSHIP IN THE PARISH!

SEE FR. ROMAN OR PARISH BOARD MEMBERS FOR APPLICATION FORMS

ЧЛЕНСТВО В ГРОМАДІ!

ПРОСИМО ЗВЕРТАЙТЕСЬ ДО СВЯЩЕНИКА ОБО ЧЛЕНІВ УПРАВИ ЗА АПЛІКАЦІЄЮ

154 East 10th Avenue, Vancouver, BC, V5T 1Z4. Tel: 604-876-4747



SUNDAY BULLETIN

НЕДІЛЬНИЙ БЮЛЕТЕНЬ

Rev. Father Roman Tsaplan, Parish Priest

Office: 604-876-4747 Home: 604-325-2639 Fax: 604-876-4745 E-mail: rtsaplan@yahoo.ca

Parish President: Walter Pylypchuk Phone: 604-538-7786

Web site: www.uocvancouver.com

Worship Service Schedule

Reading of Hours: Sunday 9:30 a.m. DIVINE LITURGY begins 10:00 a.m.

Feast Days – 10:00 a.m.



The Great Fast

НЕДІЛЯ 3-тя ВЕЛИКОГО ПОСТУ - ХРЕСТОПОКЛІННА. Голос 6

3-D SUNDAY OF GREAT LENT - VENERATION OF THE HOLY CROSS . Tone 6

Sunday, March 7, 2010

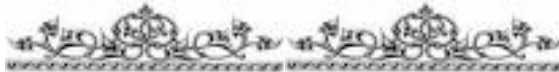
SPIRITUAL MESSAGE

Cross Veneration Sunday

From the Holy Gospel According to St. Mark.

And when He had called the people to Him, with His disciples also, He said to them, Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For whoever is

ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels. And He said to them, Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power. (8:34-9:1)



GREAT LENT It is time for reconciliation with our Lord! It is the beginning of a spiritual discipline until that Glorious Resurrection (April 4). Your Church encourages you to govern yourself accordingly. During this Lenten period, please be aware of the following: The first week of Lent should be meatless. The last week of Lent (Passion Week) is also meatless. Otherwise, all the faithful are reminded to refrain from eating meat on Wednesday and Friday. (It should be meatless all through the whole Great Lent if possible). During the Lenten period, everyone should come forward to participate in the Last Supper and receive Sacraments of Holy Confession and Communion. Renew your Baptismal Pledge and cleanse it. Confessions will be heard Sunday mornings at 9:15 a.m. For those who are infirm, we will come to their home, if requested.



TODAY'S ANNOUNCEMENTS

SUNDAY IS THE LORD'S DAY- LET US WORSHIP THE LORD.

OUR SCHEDULE OF SERVICES: Confession and Reading of Hours 9:30 a.m; Divine Liturgy at 10:00 a.m. During the Liturgy we shall offer prayers for the health of Ted Cholod, Gerold Parfeniuk, Valerian and Valentina Revutsky, George Kowalow and Mary Cheetham.

DURING THE SERVICES - Participants are welcome to light a candle for the health of others (at the candelabra on right side) and in memory of loved ones (on the left side) of the Altar.

MEMORIAL LITIA will be served during the service in memory of the recently Pearl Zdebiak. May Merciful God give rest to the departed among the Just. May her memory be eternal.

SECOND MEMORIAL SERVICE - (SOROKOUSTY) - will be held today and is dedicated to prayers for departed loved ones. Lenten candles may be purchased at the vestibule table. Memorial Booklets should be given to Fr. Roman to be read at these services.

PLEASE BE ADVISED that the Memorial Services (Sorokousty) will be served on Sundays, March 14. Anyone wishing to bring the bread and fruit for the POMANA may do so.

FELLOWSHIP HOUR: Everyone attending the service is warmly invited to join in the Fellowship Coffee Hour in the Auditorium immediately following the Liturgy.

ANNUAL GENERAL MEETING TO CONTINUE TODAY: At the recent Parish AGM, the meeting voted to continue the AGM on Sunday, March 7th for the purpose of completing several items. Please plan to attend this meeting for completion of the agenda. The meeting will commence immediately following the Fellowship Hour.

PASSING OF PEARL ZDEBIAK: With deep sadness, we announce the passing of our friend Peral Zdebiak on Saturday, February 27. There will be a Panakhyda in the Cathedral on Sunday, March 7 at 7 pm; the funeral will be held on Monday, March 8 in the Cathedral at 11:00 am. May she rest in Peace. Vichnaya Pamyat'.

LENTEN NECESSITIES: Increased Prayer; Fasting; Repentance and a sincere Confession; Works of Love and Generosity; Mutual Forgiveness. HOW HAVE YOU DONE?

“O FAITHFUL, TAKING LOVE AS OUR FOOD, THROUGH ABSTINENCE, LET US GAIN CONTROL OVER OUR PASSIONS AND STRIVE FOR A LIFE PLEASING TO GOD...”

LENTEN VESPERS - Friday, March 12th - 6:00 pm - Please note that an Inter-Parish Lenten Service will be held in the Cathedral on this date. Father Peter Haugen from Victoria , BC will give the sermon. Everyone is urged to attend this special service.

FASTING: St. John Chrysostom, in one of his sermons, said this about fasting: "The value of fasting consists not in abstinence from food, but in relinquishing of sinful practices... Do you fast? Give me proof of it by your works. If you see a poor man, take pity on him. If you see a friend being honoured, do not envy him. Do not let only your mouth fast, but also the eye, the ear, the feet, and the hands... Let the hands fast by being pure from avarice. Let the feet fast by ceasing from running to forbidden spectacles. Let the eyes fast by not fixing themselves rudely on handsome countenances. Let the ear also fast. This consists in not listening to evil talk and calumnies. It has been said: "Thou shalt not receive an idle report. Let the mouth also fast from words and railing. For what good is it if we abstain from meat, but bite and devour our brothers?"

PASSIA. INTER-PARISH LENTEN VESPERS SERVICES 2010: Vespers at 6:00 p.m. followed by a talk and fellowship. These are scheduled as follows: FRIDAY, March 12th at the Holy Trinity Ukrainian Orthodox Cathedral, 154 East 10th Avenue in Vancouver; FRIDAY, March 19th at St. Mary The Protectress, Ukrainian Orthodox Church, 594 Karls Way in Parksville; FRIDAY, March 26 at St. George's, Ukrainian Orthodox Church, 1100 Colville Road in Victoria;

MONTHLY CATECHETICAL DISCUSSIONS for those embracing the Orthodox Faith – will be on Saturday, March 20, at 10:00 a.m. Call Fr. Roman for details.

EASTER BAKING FOR PARISH MEMBERS - ORDERS IN BY March 27: Once again, Parish members who would like to purchase Paska and/or Babka must place their order with Stella Shulhan by Sunday, March 27. Stella's number is 604/325-5794. Please note that these orders will be available for pick-up on or before Palm Sunday, April 12th,

WELCOMING ATTITUDE: All the time we have people visiting our city and they come to our Church for the Services. Please welcome them; let them know we appreciate that they have come to pray with us. God bless all our visitors.

BECOMING A HOSPITABLE PEOPLE: How are adherents and visitors welcomed to our Church? "Can you identify individuals in your midst who seem to practice hospitality especially well?" What do the physical spaces in which you are "say" to newcomers? Contribute to the needs of the saints; extend hospitality to strangers. — Romans 12:13

BLESSING OF HOMES, PASTORAL VISITS or SPIRITUAL COUNSELLING: Please use the cards at the candle table to request a visit with Fr. Roman or call him directly to arrange a time for counselling or discussion (604-876-4747). Please note: We need volunteers who are able to assist with visiting those who are ill or shut-in.

BLESSED CANDLES: Blessed Candles are on the vestibule table. Everyone is encouraged to have one in their home to be lit for prayer in case of any misfortune. "Thy faith healed you"

PLEASE REMEMBER TO PRAY FOR, VISIT OR PHONE our brothers and sisters who are in hospital, care homes, nursing facilities, shut-ins or at home: Valerian and Valentina Revutsky, Mary Cheetham, Anne Krapekevich, Rose and George Kowalow, Natalia Sotnyk and Boris Stasiuk.

OUR MISSION TO CARE: Our Priest and members are committed to the spiritual and moral care of the entire congregation. We help those who are confined at home or in the hospital, the bereaved and the lonely. Please call the office at the telephone numbers listed in this Bulletin.

EXECUTIVE BOARD MEETING: A meeting of the Board has been scheduled for Wednesday, March, 10 at 7 pm. All Executive members are requested to attend.

DONATIONS FOR EASTER FLOWERS: We kindly appeal to the Cathedral members for donations, to enable the Cathedral Sisterhood to purchase flowers to beautify our church for the celebration of the Resurrection of our Lord Jesus. Donations will be gratefully received by the Sisterhood on the following Sundays: March 14, March 21 and March 28 immediately following the Divine Liturgy. Thank you in advance for your generosity.

THANKS TO THE VOLUNTEERS: Many thanks to all the volunteers who in any way assisted with the recent Friday Night Supper. We had another big crowd for this very popular dinner. Due the dates for Easter, **there will be NO Friday Night Supper on April 2nd, this being Good Friday.**

MISSION AND COMMUNITY RELATIONS COMMITTEE: There will be a meeting of the Committee on Sunday, March 14th immediately following the Fellowship Hour.

PASKA BAKING: In preparation for Easter, the baking of traditional Easter breads has been scheduled for **EVERY Tuesday and Thursday** during the month of March. All willing hands are sincerely invited to participate in these baking sessions. Please volunteer for this special preparation for Easter.

GENERAL CONFESSION AND MEMORIAL SERVICE: This annual service will be held on Saturday, March 27. Confession will commence at 9:00 am; it is one of the sacraments of the church which contributes greatly to our spiritual and Christian growth. Our duty is to receive the sacrament of penance at least once a year. A Lenten Memorial Service (Sorokousty) combined with the Divine Liturgy will commence at 9:30 am. Please give your Memorial Booklets to the Elders so that they can be passed to Father Roman for the commemoration of the individuals named therein.

ANNUAL SPRING CLEANING OF THE CATHEDRAL – Saturday, March 27th. Once again, volunteers are requested to assist with the annual 'deep' cleaning of the Cathedral and Choir loft. Please note this date and make every effort to come and help out. Thank you.

MEMEBERSHIP DUES: At the recent Annual General Meeting, the following membership dues were approved for 2010: Family \$170 and Singles \$90. Please forward your payments to the Treasurer, Walter Malko , at the earliest date possible.

SECURITY TELEPHONE NUMBER: Members of the Congregation are advised that the new telephone number for VasyI' our on-site caretaker is 604-876-4770. Please let him know whenever you enter the premises.

BISHOP ILARION ENTHRONEMENT DVD. If you would like a copy, please contact Fr. Roman.

ОГОЛОШЕННЯ

ВІТАЄМО ВСІХ ГОСТЕЙ ТА ПАРАФІЯН НАШОЇ КАТЕДРИ!

НЕХАЙ ГОСПОДЬ ПОБЛАГОСЛОВИТЬ ВАС ЗА ВАШУ УЧАСТЬ ТА МОЛИТВИ!

СЬОГОДНІ - Читання Годин в 9:30. Божественна Літургія в 10:00 годині ранку.

КАВА І СОЛОДКЕ - по закінченні Богослуження всі запрошенні до церковної аудиторії для товариської розмови біля кави та канапки.

СОРОКОУСТИ - Пригадуємо нашим парафіянам, що прийшов час вклонитися пам'яті наших рідних, яких уже нема з нами. Прошу заздальгідь подавати імена померлих до Пом'яників на Парастас-Сорокоусти. (Окремі моління у часі Великого Посту за померлих).

ПЕРША ПАСІЯ відбудеться в нашій громаді у п'ятницю 12-го березня у 6-й годині вечора. Проповідь виголосить отець Петро Ноген.

ВЕЛИКИЙ ПСТ: Це час примирення з нашим творцем! Час коли ми відновлюємо себе духовно перед Світлим Воскресенням (4-го квітня). Церква закликає всіх своїх вірних, щоб здержуватись від вибагливостей. 1. Перший тиждень посту повинен бути без м'яса. Останній тиждень - страсний також дуже строгий. **Просимо всіх здержуватись від м'яса та м'ясних виробів під час Великого Посту, особливо в середи та п'тници.** (Повинні не вживати м'яса на протязі цілого посту).

2.Кожний повинен взяти участь у Тайній Вечері, приступити до Святих Тайнств Сповіді та Причастя, щоб відновити Тайнство Святого Хрещення і поєднатися з Ісусом Христом. 3. Заупокійні Богослужби поєднані з Божественною Літургією відслужаться в наступну неділю 28 лютого, а також 7 і 14 березня в годині 10-й ранку. Поминальні Свічки можна набути у вестибюлі.

Поминальні записки просимо передавати перед Літургією на поминання.

КВІТИ НА ВЕЛИКДЕНЬ - звертаємось з ласкавим проханням до всіх членів і прихильників Катедральної Громади за пожертвами на квіти, щоб гарно прикрасити нашу Катедральну Святиню на Великодні Свята. Пожертви можна давати Старшим Сестрицям в слідуочі неділі: 14, 15, і 21 березня, після Божественної Літургії. За Ввші пожертви, заздальгідь, щиро дякуємо.

НОВІ КАЛЕНДАРИ на 2010 рік можна купити від старших братів по \$2.00 за календар. **ПОСВЯЧЕНІ СВІЧКИ-ГРОМНИЧНІ:** Кожний повинен мати у своєму домі Освячену свічку, щоб на випадок хвороби чи іншого нещастя її засвітити разом з молитвою "Віра твоя спасе тебе!"

ОСВЯЧЕННЯ ДОМІВ відбудеться за попереднім домовленням з отцем Романом. Просимо дзвонити до нього по цій справі. Його телефон домашній: 604-325-2639.

ПРИЙМАЙМО СВЯТЕ ПРИЧАСТЯ - Приближається Великий піст - це час примирення із своїм ближнім та творцем Господом Богом. Час коли ми відновлюємо себе духовно і морально перед Світлим Воскресенням. На цій дорозі зросту необхідно приступати до сповіді і причастя. До вживання Тіла і Крові Ісуса Христа під час Божественної Літургії. Це важливі Тайнства Православного Християнства.

ПАМ'ЯТАЙМО ПРО ХВОРИХ І НЕМІЧНИХ ЧЛЕНІВ ГРОМАДИ, що в лікарнях та старечих домах. Вони чекають вашої розради у скрутну хвилину.

ПОМИНАННЯ РОДИЧІВ І ЗНАЙОМИХ. Вранці, коли правиться Свята Літургія (Служба Божа), священик на проскомидії виймає з просфор часточки з молитвою за здоров'я живих і вічний спокій померлих. Імена тих, хто поминається на Службі Божій, виголошуються на ектенях. Щоб пом'янути родичів і знайомих, подаваймо їхні імена на окремих записках "За здоров'я" та "За спокій душ". **Господь наш Ісус Христос сказав: "Просіть, і дасться вам; шукайте, і знайдете; стукайте, і відчинять вам" (Мт. 7, 7).** **ЗАГАЛЬНА СПОВІДЬ.** Чин загальної сповіді буде звершуватись в кожную останню неділю місяця в 9:30 ранку. Просимо пам'ятати та приймати участь.

ВСТУПАЙМО В ЧЛЕНИ ГРОМАДИ - краще спитати, чому ви ще не вступили? Наша церква піклується про духовний і культурний розвиток її членів. Вона вчить бути порядними громадянами. Вона молиться за них. **НЕ ВІДКЛАДАЙТЕ, ВСТУПАЙТЕ В ЧЛЕНИ ГРОМАДИ ТА ЖЕРТВУЙМЕ НА ДІЛО БОЖЕ!**