



**UKRAINIAN ORTHODOX  
METROPOLITAN CATHEDRAL  
OF THE HOLY TRINITY**

**SUNDAY BULLETIN**

24-та неділя після П'ятидесятниці ✦ 24th SUNDAY AFTER PENTECOST



27-го Листопада ✦ November 27th

## **ВІТАЄМО!**

**Ласкаво просимо до Митрополичої Катедри Пресвятої Тройці. Ми надзвичайно раді, що Ви рішили бути на Літургії разом з нами. Просимо приєднатися до нас після Св. Літургії в нашій аудиторії для зустрічі і знайомства за чашкою кави.**



### **ПРИЧАСТЯ**

Ми радо вітаємо Вас на сьогоднішнє Богослуження. Прийміть до уваги, що Православні Християни, котрі постом, молитвою і Св. Сповіддю належно до Таїнства Причастя приготувалися - можуть приступати. Після закінчення Літургії, підходьте, будь ласка, до цілування хреста і на бажання беріть по кусочку просфори (посвячений хліб). Просить ся представитися нашому священикові під час товариської зустрічі при каві та запитати його як стати членом Православної Церкви.



**Якщо маєте будь-які питання щодо Православної Церкви чи катедральної парафії Пресвятої Тройці,— запитуйте о. Григорія і ми радо будемо відповідати.**

## **WELCOME VISITORS!**

**Welcome to the Metropolitan Cathedral of the Holy Trinity. We are pleased you chose to be here today. Please join us downstairs for Coffee after the Liturgy, so we have the opportunity to meet you.**



### **Receiving Holy Communion**

We are pleased to welcome you to worship with us today. Please note that only Orthodox Christians who have prepared themselves with prayer, fasting and confession may approach to receive Holy Communion. Everyone is welcome to receive the blessing and partake of the blessed bread (Antidor) at the dismissal. Please introduce yourself to our pastor during the coffee hour and ask him about membership in the Orthodox Church.



**If you have any questions about the Orthodox Church or the Holy Trinity Cathedral parish in particular, we will be glad to answer. Please see Fr. Gregory after the services or call him.**

## ЖИТТЯ СВЯТОГО АПОСТОЛА ПИЛИПА.



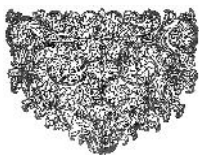
Святий апостол Филип був родом з Кесарії Палестинської. У шлюбі він мав чотирьох дочок, які пророкували (Діян. 21, 9). Згодом він був обраний святими апостолами дияконом і, після висвячення одночасно зі святим первомучеником архідияконом Стефаном, почав зі всією ревністю служити віруючим, піклуючись про вбогих і вдів. Після того, як під час гоніння, піднятого на Єрусалимську Церкву, святий Стефан був убитий, і всі християни, за винятком дванадцяти апостолів, розійшлися по провінціях юдейських і самарських, у Самарію прибув у той же час і святий Филип. Там він проповідував Христа, і всі жителі Самарії уїтно слухали його проповіді. Свою проповідь святий Филип підтверджував багатьма чудесами, зціляючи хворих і виганяючи лукавих духів, які, виходячи з людей, волали гучним голосом. Була тоді радість велика в тому місті, тому що ті, хто приймав проповідь Пилипа та увірував в істинного Месію,

зцілялися не тільки від тілесних, але і від душевних недуг. І був там і один дуже знаменитий і прославлений волхв на ім'я Симон, який дивував усю Ілмарію своїм чаклунством, і всі вважали його дуже великим. І почувши благовістуння святого апостола про Царство Боже і про Ісуса Христа, Симон увірував і охрестився разом з іншими (Діян. 8, 5-13).

Одного разу апостола Пилипу явився ангел Господній, повеліваючи йому йти на південь, на дорогу, що вела з Єрусалима в Газу. Йдучи цією дорогою, святий Пилип зустрів ефіопа, євнуха Кандакії, цариці Ефіопської, який повертався в Газу, що перебувала під його управлінням, з Єрусалима, куди він їздив на поклоніння. Сидячи на колісниці, євнух, читав пророчі книги. Апостол навчив його віри в Господа нашого Ісуса Христа і, продовжуючи з ним путь, тут же на дорозі охрестив його”.

Після охрещення євнуха апостол Пилип був взятий ангелом і перенесений в Азот; він проповідував Слово Боже по всіх місцях поки не прийшов в Кесарію. Там він мав власний будинок, в якому Святий апостол Пілліп і прожив якийсь час разом зі своїми чотирма дочками, дівами пророчицями. Після цього він знову повернувся в Єрусалим. Поставлений там апостолами єпископом, він був посланий потім на проповіді в Малу Азію.

І звершуючи вчення про Христа він пробув там до глибокої старості. Навчаючи всіх істинної віри Господа нашого Ісуса Христа, за що і постраждав.



## ПАРАФІЯЛЬНІ ОГОЛОШЕННЯ

### ТОВАРИСЬКА ЗУСТРІЧ ПРИ КАВІ

Запрошуємо усіх учасників по сьогоднішнім Богослуженні, перейти до катедральної аудиторії на каву і перекуску та поспілкуватися між собою.

### СВЯТО-ТРОЇЦЬКІ СЕНЬЙОРИ

Насупні сходи́ни сеньйорів відбудуться в середу 30-го листопада, о годині 10-ій ранку.

Гість промовець: Eduardo Villafranca—Heritage Conservation Easter Island Chile

Запрошуємо усіх зацікавлених до участі!

### СОЮЗ УКРАЇНОК КАНАДИ ВІДДІЛ ІМ. ЛЕСІ УКРАЇНКИ



Управа повідомляє членкинь, що

### Річні Загальні Збори відбудуться в неділю 4-го грудня

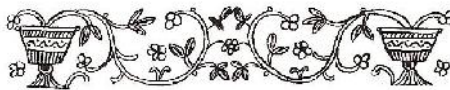
зараз після товариської зустрічі при каві.

Усіх членкинь закликається до численної участі.

### Увага:

Якщо ви знаєте, що хтось із вірних нашої церковної родини занедужав і перебуває на лікуванні в лікарні чи вдома, або потребує необхідної пастирської опіки, ласкаво просимо Вас, повідомити про це отця Григорія, настоятеля.

Можна перед Літургією подати священику список осіб, які просять молитися за їх здоров'я або за видужання хворих.



# РІЧНІ ЗАГАЛЬНІ ЗБОРИ ФУНДАЦІЇ УКРАЇНСЬКОЇ ПРАВОСЛАВНОЇ ЦЕРКВИ В КАНАДІ



*"A Foundation  
of Faith"*

Усі члени Української Православної Церкви в Канаді є членами Фондації УПЦК, яка була федерально укопорована в 2003 р. "постачаючи фонди для Української Православної Церкви в Канаді та її складових частин, підтримуючи їх релігійну та харитативну мету.

Фондація урудує фондами понад \$1 мільйон дол. Вона видала грантів майже \$150,000.00 по Канаді, підтримуючи різні проекти УПЦК.

**РІЧНІ ЗАГАЛЬНІ ЗБОРИ  
ФУНДАЦІЇ ВІДБУДУТЬСЯ  
В СУБОТУ 10-го ГРУДНЯ,  
2011 В ГОДИНІ 12:30 ДНЯ  
В КОЛЕГІЇ СВ. АНДРЕЯ.**

Обід о год. 12-ій дня, спонсорований Фондацією, - буде поданий перед зборами. Приходьте на обід і візьміть участь у зборах, які

передбачаються закінчитися до 2-ої години по полудні.

# РОЗКЛАД БОГОСЛУЖЕНЬ

**27-ГО ЛИСТОПАДА—24-ТА НЕДЛЯ ПІСЛЯ П'ЯТИДЕМСЯТНИЦІ.**

- ❖ Сповідь: 9:30 год. ранку.
- ❖ Часи: 9:30 год. ранку.
- ❖ Божественна Літургія: 10:00 год. ранку.

**28-ГО ЛИСТОПАДА—ПОНЕДІЛОК.**

**ПОЧАТОК РІЗДВЯНОГО ПОСТУ (ПИЛИПШКИ)**

**1-ГО ГРУДНЯ—ЧЕТВЕР.**

**ДІМ ОШКИ ІМ. СВЯТОЇ РОДИНИ**

- ❖ СЛУЖБА: 10 ГОД. РАНКУ.

**3-ГО ГРУДНЯ - СУБОТА.**

- ❖ Велика Вечірня: 5:30 год. вечора.
- ❖ Сповідь після Вечірні.

**4-ГО ГРУДНЯ—25-ТА НЕДЛЯ ПІСЛЯ П'ЯТИДЕСЯТНИЦІ.**

**ВВЕДЕННЯ У ХРАМ ПРЕСВЯТОЇ ВЛАДИЧИЦІ НАШОЇ  
БОГОРОДИЦІ І ПРИСНОДІВИ МАРІЇ**

- ❖ Сповідь: 9:30 год. ранку.
- ❖ Часи: 9:30 год. ранку.
- ❖ Божественна Літургія: 10:00 год. ранку.

## ПЕРЛИНИ СВЯТИХ ОТЦІВ

### Подвижницькі настанови святого Ісаака Сирійського

41. Хто сподобився солодкості віри, а потім ізнов повернувся до відання душевного, той подібний до того, хто знайшов дорогоцінну перлину і обміняв її на мідяка, або ж до того, в кого одібрали повновладну свободу й ізнов повернули в злиденне рабство, повне страху й нужди.

42. Знання людське з поміччю тіла, душі й духу то восходить д'горі, то сходить додолу. Знання - се дар Божий розумним створінням напочатку їх сотворення. За природою своєю, воно просте й неподільне, як сонячне світло, та от - за діянням своїм -змінюється і поділяється. Послухай, яка послідовність сього діяння.

43. *Перший ступінь знання.* Коли знання служить плотському возжаданню, тоді зводить в одно: багатство, марносластво, розкіш, тілесний спокій, словесну мудрість, що прагне управляти в світі сім і вливається у винаходах, мистецтвах та науках, у всьому тому, чим увінчується тіло у видимім світі сім. Цим усім знання робиться супротивником вірі. - І називається воно голим знанням, бо заперечує будь-яке Божественне Провидіння, а через перевагу тілесного вносить в ум нерозумне безсилля, і вся турбота його зводиться лише до видимих речей світу сього.

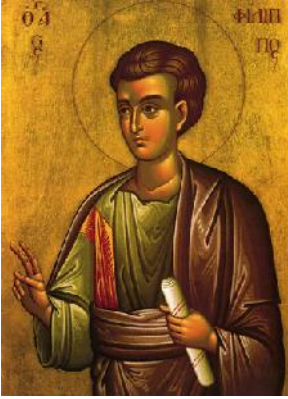
Людина, що полонилася сим знанням, думає, що воно є мисленна сила, що тайно кермує нею, божественно піклується про неї і наглядає за нею. Тим-то людина, що посідає се знання, приписує кермування світом не Провидінню Божому, а все добре в собі: уникання шкідливого та природну остерогу перед труднощами і багатьма перешкодами, що тайно і явно нападують її, - власній розсудливості своїй.

Таке-то уявлення має про себе людина, оплутана сим глумливим знанням. Вона облудно гадає, що все в її житті стається так, як волисть вона, і згідна з тими, хто твердить, що ніхто не управляє світом сим. Втім, не може вона повсякчас не страхатися за життя своє, тим-то опановує її малодушність, печаль, одчай, страх від бісів, боязнь перед людьми, вістки про розбійників, поголоски про смерті, розпач у хворобі, переляк у зубожінні, страх перед смертю, стражданнями чи дикими звірами. Це та інше уподібнює се знання її до моря, в котрому беззуганно, день і ніч, бурлять, насуваються і поглинають її розбурхані хвилі.

Позаяк людина з сим знанням не вміє возложити турботи про себе на Бога, уповаючи на Нього і віруючи Йому, - то безперервно хитрує і коїть діла власного егоїзму. Коли ж воля її не сповняється - таїнственного ж Провидіння у цьому вона не добачає - тоді ворогує з людьми, котрі перешкоджають і противляться вволенню бажань її. У віданні сім насаджено дерево пізнання добра і зла, що викорінює любов. У знанні сім панує пихатість і гординя. Бундючиться воно, а тимчасом ходить у п'ятмі; цїнує набутки свої земні понад усе, навіть не відаючи, що є щось ліпшого од них.

## THE LIFE ST. PHILIP THE APOSTLE

### COMMEMORATED ON NOVEMBER 27



The Holy and All-praised Apostle Philip, was a native of the city of Bethsaida in Galilee. He had a profound depth of knowledge of the Holy Scripture, and rightly discerning the meaning of the Old Testament prophecies, he awaited the coming of the Messiah. Through the call of the Saviour (Jn. 1:43), Philip followed Him. The Apostle Philip is spoken about several times in the Holy Gospel: he brought to Christ the Apostle Nathaniel (i.e. Bartholomew, April 22, June 30, and August 25. See Jn. 1:46). The Lord asks him where to buy bread for five thousand men (Jn. 6: 5-7). He brought certain of the Hellenized Jews wanting to see Jesus (Jn. 12:21-22); and finally, at the Last Supper he asked Christ to show them the Father (Jn. 14:8).

After the Ascension of the Lord, the Apostle Philip preached the Word of God in Galilee, accompanying his preaching with miracles. Thus, he restored to life a dead infant in the arms of its mother. From Galilee he went to Greece, and preached among the Jews that had settled there. Some of them reported the preaching of the Apostle to Jerusalem. In response, some scribes arrived in Greece from Jerusalem, with one of the Jewish chief priests at their head, to interrogate the Apostle Philip.

The Apostle Philip exposed the lie of the chief priest, who said that the disciples of Christ had stolen away and hidden the body of Christ. Philip told instead how the Pharisees had bribed the soldiers on watch, to deliberately spread this rumor. When the Jewish chief priest and his companions began to insult the Lord and lunged at the Apostle Philip, they suddenly were struck blind. By his prayer the Apostle restored everyone's sight. Seeing this miracle, many believed in Christ. The Apostle Philip provided a bishop for them, by the name of Narcissus (one of the Seventy Apostles, January 4).

From Greece the Apostle Philip went to Parthia, and then to the city of Azotus, where he healed an eye affliction of the daughter of a local resident named Nikoklides, who had received him into his home, and then baptized his whole family.

From Azotus the Apostle Philip set out to Syrian Hieropolis (there

were several cities of this name) where, stirred up by the Pharisees, the Jews burned the house of Heros, who had taken in the Apostle Philip, and they wanted to kill the apostle. The apostle performed several miracles: the healing of the hand of the city official Aristarchus, withered when he attempted to strike the apostle; and restoring a dead child to life. When they saw these marvels, they repented and many accepted holy Baptism. After making Heros the bishop at Hieropolis, the Apostle Philip went on to Syria, Asia Minor, Lydia, Emessa, and everywhere preaching the Gospel and undergoing sufferings. Both he and his sister Mariamne (February 17) were pelted with stones, locked up in prison, and thrown out of villages.

Then the Apostle Philip arrived in the city of Phrygian Hieropolis, where there were many pagan temples. There was also a pagan temple where people worshiped an enormous serpent as a god. The Apostle Philip by the power of prayer killed the serpent and healed many bitten by snakes.

Among those healed was the wife of the city governor, Amphipatos. Having learned that his wife had accepted Christianity, the governor Amphipatos gave orders to arrest St. Philip, his sister, and the Apostle Bartholomew travelling with them. At the urging of the pagan priests of the temple of the serpent, Amphipatos ordered the holy Apostles Philip and Bartholomew to be crucified.

Suddenly, an earthquake struck, and it knocked down all those present at the place of judgement. Hanging upon the cross by the pagan temple of the serpent, the Apostle Philip prayed for those who had crucified him, asking God to save them from the ravages of the earthquake. Seeing this happen, the people believed in Christ and began to demand that the apostles be taken down from the crosses. The Apostle Bartholomew was still alive when he was taken down, and he baptized all those believing and established a bishop for them.

But the Apostle Philip, through whose prayers everyone remained alive, except for Amphipatos and the pagan priests, died on the cross.

Mariamne his sister buried his body, and went with the Apostle Bartholomew to preach in Armenia, where the Apostle Bartholomew was crucified (June 11); Mariamne herself then preached until her own death at Lykaonia.

The holy Apostle Philip is not to be confused with St. Philip the Deacon (October 11), one of the Seventy.

# PARISH ANNOUNCEMENTS

## COFFEE HOUR

Following the Divine Liturgy we invite everyone to come and participate in our COFFEE HOUR and FELLOWSHIP in the Cathedral Auditorium.

## HOLY TRINITY SENIORS

Next meeting will be held on **Wednesday, November 30th at 10:00 a.m.** In the Cathedral auditorium.

Guest speaker: Eduardo Villafranca—Heritage Conservation  
Easter Island Chile

We invite everyone to attend and enjoy the fellowship!

## Ukrainian Womens Association of Canada— Lesia Ukrainka Branch



The executive of the UWAC Lesia Ukrainka Branch wishes to inform the membership that on

**Sunday, December 4, 2011**

the **Annual General Meeting** will be held after fellowship.

All members are asked to attend.

Please notify the Fr. Gregory of all sick and hospitalized parishioners. This is the duty of the family. Do not count on your friends and neighbours to pass the word around. Also, let the clergy know when your family members have been discharged from the hospital or moved to a nursing home.



On behalf of the Brothers and Sisters comrades that have fallen asleep and myself, we say thank you for supporting our Poppy drive and wearing them and attending our Remembrance Day Service at the Cathedral.

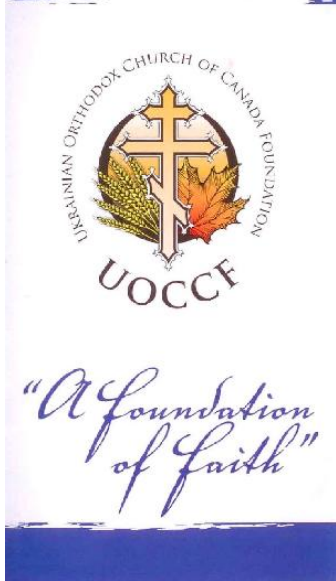
Lest we forget!

Orest Hnatyshyn

## NOTICE OF ANNUAL GENERAL MEETING OF THE UKRAINIAN ORTHODOX CHURCH OF CANADA FOUNDATION



All members of the Ukrainian Orthodox Church of Canada are members of the UOCC Foundation which was federally incorporated in 2003 " to provide funding for the Ukrainian Orthodox Church of Canada and any constituent part thereof " ... in support of their religious and charitable objectives.



The Foundation controls funds in excess of \$1 million and has distributed grants totaling almost \$150,000.00 across Canada in support of various projects within the framework of the UOCC.

**THE 2011 ANNUAL GENERAL MEETING OF THE FOUNDATION WILL BE HELD ON SATURDAY, DECEMBER 10, 2011, AT 12:30 P.M. AT ST. ANDREWS COLLEGE.**

A lunch sponsored by the Foundation will be served at noon prior to the meeting. Come for lunch and attend the meeting which is anticipated to conclude by 2:00 p.m.

### MEMBERSHIP DUES

We find ourselves in the last physical quarter of this year. We are appealing to the membership, those that are still outstanding for 2011, if you could remit your membership dues to the Cathedral Office as soon as possible. The Holy Trinity Cathedral, Consistory and Eparchy rely on these membership dues to help offset the cost of running the Cathedral and Consistory. Your co-operation would be greatly appreciated.

# SCHEDULE OF SERVICES

## NOVEMBER 27TH—24TH SUNDAY AFTER PENTECOST.

- ❖ CONFESSION: 9:30 A.M.
- ❖ HOURS: 9:30 A.M.
- ❖ DIVINE LITURGY: 10:00 A.M.

## NOVEMBER 28TH—MONDAY.

### BEGINNING OF THE NATIVITY FAST (PHILIPS FAST)

## DECEMBER 1ST—THURSDAY.

### HOLY FAMILY HONE

- ❖ SERVICE: 10:00 A.M.

## DECEMBER 3RD—SATURDAY.

- ❖ GREAT VESPERS: 5:00 P.M.
- ❖ SACRAMENT OF CONFESSION AFTER THE SERVICE

## DECEMBER 4TH—25TH SUNDAY AFTER PENTECOST.

### THE ENTRY OF THE MOST HOLY THEOTOKOS INTO THE TEMPLE

- ❖ CONFESSION: 9:30 A.M.
- ❖ HOURS: 9:30 A.M.
- ❖ DIVINE LITURGY: 10:00 A.M.

## LITURGICAL ITEMS REQUIRED FOR OUR CATHEDRAL

We are appealing to our Cathedral family for donations to replace or purchase anew items required for liturgical services:

- ➔ Bilingual Altar Gospel —**DONATED**
- ➔ Censor (Festive)
- ➔ Censor (Lenten) —**DONATED**
- ➔ Censor (Daily) —**DONATED**
- ➔ Litia tray (blessing of bread, wheat, wine and oil)
- ➔ Trinity Candle holders for Theophany (set of 3)
- ➔ Funeral Candles (set of 4)
- ➔ Paschal Trisvichnyk with cross
- ➔ Holy Water vessel (large)
- ➔ Icon stands (set of 2) —**DONATED**
- ➔ Icons Saviour & Mother of God —**DONATED**
- ➔ Altar boy stichars
- ➔ Priestly vestments

Please contact Fr. Gregory for more information about a particular item you or your family may wish to donate to the Cathedral.

# PRAYER BEFORE READING HOLY SCRIPTURE

**O** Master Who loves mankind, illuminate our hearts with the pure light of Your divine knowledge and open the eyes of our mind to understand the teachings of Your Gospel. Instill in us also the fear of Your blessed commandments, that we may overcome all carnal desires, entering upon a spiritual life and understanding and acting in all things according to Your holy will. For You are the enlightenment of our souls and bodies, O Christ

## WEEKLY SCRIPTURE READINGS



### NOVEMBER 27—DECEMBER 4

<b>Monday:</b>	2 Thessalonians 1:1-10	Luke 12:13-15, 22-31
<b>Tuesday:</b>	2 Thessalonians	Luke 12:42-48
<b>Wednesday:</b>	2 Thessalonians 2:1-12	Luke 12:48-59
<b>Thursday:</b>	2 Thessalonians 2:13-3:5	Luke 13:1-9
<b>Friday:</b>	2 Thessalonians 3:6-18	Luke 13:31-35
<b>Saturday:</b>	Galatians 1:3-10	Luke 9:37-43
<b>Sunday:</b>	Ephesians 4:1-6	Luke 10:25-37

***Let us do our best to read these appointed passages at home every day!***

# AN ORTHODOX CATECHISM

## III. THE LORD'S PRAYER

*Why is this prayer called the Lord's Prayer?*

It was given to the Apostles and to all Christians by the Lord Jesus Christ Himself.

*How is the Lord's Prayer divided?*

Into the Invocation, the Seven Petitions and the Doxology.

*How does the Invocation read?*

Our Father, Who art in Heaven. We call God our Father because we love Him, as children love their father.

*How does the first petition read?*

Hallowed be Thy Name.

*What do we ask of God in this petition?*

We ask God. to help us keep His , Holy Name in our minds and hearts and that we may live according to His law and thus glorify Him among people.

*How does the second petition read?*

Thy Kingdom come.

*What do we ask of God in this petition?*

We ask His help that the Spirit of God ;may lead us to good and to happiness and that sin should not reign in us.

*How does the third petition read?*

Thy will be done on earth as it is in Heaven.

*What do we ask of God in this petition?*

We ask that all things in our life should come through the Will of God.

*How does the fourth petition read?*

Give us this day our daily bread.

*What do we ask of God in this petition?*

We ask God to provide all of our daily needs for the present day -- food, .clothing and shelter.

*How does the fifth petition read?*

And forgive us our trespasses, as we forgive those who trespass against us.

*What do we ask of God in this petition?:*

We ask that God forgive our sins as we, in turn, forgive those who have done wrongs to us. If we do not forgive others, God will not forgive us.

*How does the sixth petition read?*

And lead us not into temptation.

*What do we ask of God in this petition?*

We ask God to drive away the temptations that lead us to sin. These temptations come from ourselves, from evil people, and from Satan.

*How does the seventh petition read?*

But deliver us from the evil one.

*What do we ask of God in this petition?*

We ask God to keep us and protect us from evil and misfortune.

*How does the doxology of the Lord's Prayer read?*

For Thine is thee Kingdom, and the Power, and the Glory forever and ever. Amen.

*What does this doxology express?*

Through it we express the hope that God will grant us all our petitions, because everything is within His Power and Might.

**CONTINUED IN THE NEXT ISSUE**



## **The Saturday Evening Service**

is the first service of the Resurrection. The Divine Liturgy on the following morning is the second service. Sunday begins on the evening before, just as in the Bible, "there was an evening and morning the first day." Therefore, the Vespers on Saturday evening is not only for those who are preparing to receive Holy Communion but also for all the faithful. As Orthodox Christians we know that the joy of celebrating the Resurrection should not be regulated to simply the Divine Liturgy. Rather we do well to participate in both of these services, as the righteous ones of the Old and New Testament times worshipped in the evening and morning.



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## **The Nativity Fast**

begins on Thursday, November 28, and ends with the celebration of the Divine Liturgy on Christmas Day, January 7th. During this period, in addition to abstaining from certain types of foods, we should also seek to free ourselves from sin by making a good Confession and, if we are not frequent communicants, by receiving Holy Communion.

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## **LIVE IN GRATITUDE**

"Live in gratitude and you will never be disappointed. See that your afflictions are not there to punish you, but to purify you and cleanse you of the delusions of this world. You all are being prepared each day for great things.

Be wise, and prepare for the future, but do not be worried about it. Be prudent, but not obsessed. The man who constantly worries achieves nothing but stress and anxiety. Instead, pray and draw close to God. Believe that He will help you, and suddenly, you will see how He has already."



# **"WHADDYAMEAN FASTING? IT'S THE HOLIDAYS!"**

by Marek Simon, Assistant Directory of Antiochian Village Camp

Christmas parties, good ole' St. Nick, & shop, shop, shop! Our Christmas list is prepared well in advance and -look out! -lights and trees up in November! These are a few things that begin to consume many of our minds as the holiday season approaches. We can't wait until Christmas and the array of fashionable clothes, iPhones, and decisions, decisions! LCD or Plasma? Mac or Windows? And who knows what else! It's a time to eat, drink and be merry, right? But wait a minute. Did I hear someone say that we are supposed to be fasting???

For us Orthodox Christians, November 28 marks the beginning of a 40-day fast that concludes on the Feast of our Lord's Nativity (a.k.a., Christmas—January 7). The Nativity Fast is a time of preparation for the birth of our Lord. We are taught to fast from meat, dairy products and fish. Let's be honest. Many of us go to schools and live in homes where we do not observe any sort of fast during this time, and for those of us who do, it's pretty difficult to say the least! How can we possibly go to a Christmas party and not eat meat or cheese or drink eggnog?

Why would someone choose to fast during this time when it seems like everyone else is doing the opposite? In reality, the answer is pretty simple: Jesus Christ. We are taught to fast during this time, not as a punishment or because the Church doesn't want us to have fun, but because the Church is concerned with one thing and one thing only, our salvation.

Think about it. The world we live in today teaches us to continually seek to do one thing - love ourselves. Jesus Christ, through the Church, teaches us to continually seek to do another thing - love our neighbor. Society teaches us to order the best tasting, most expensive steak.

Christ teaches us to forget about the steak, eat a plate of spaghetti or some lentil soup, and use the money to buy a meal for someone who hasn't eaten in days. Society teaches

us to spend time and money on Christmas trees, Christmas lights, and expensive gifts. Christ teaches us to be a tree that bears fruit, to be a light in the darkness, and to put on the gifts of the Holy Spirit: love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, & self-control (Gal 5.22-23).

There are no easy answers to the situations we may face this holiday season if we choose to follow the narrow way of the Gospel. One thing that must be said is that we cannot do it alone. We need each other! Our friends, families and our churches should be fasting together as best we can. We also need prayer. Fasting is of no value unless we pray also. Encourage your family and friends to pray together at meals and even ask your priest if he will have extra services during the fasting period. Perhaps most importantly, talk with your priest or spiritual father about how to approach the Fast. He will be your guide and source of wisdom to help during this time.

Each day is an opportunity for us to choose to live as a Christian and accept the responsibility that goes along with it. Rather than just spending hours at the mall looking for the perfect gift, we could spend a couple of hours serving at a soup kitchen and a few dollars on clothes for people who cannot afford to clothe themselves. What a wonderful project this would be for your OCF group this fasting season.

We are all quite capable of fasting beginning November 28. As stated above, talk to your priest about how to start, especially if you've never done it before. Approach the days ahead not as the 'holiday season', but as preparation for a 'Holy Day', the day of the birth our Lord. May Christ strengthen and guide you in the upcoming months!



## FOR CONSIDERATION

From the Prologue of Ochrid by St. Nikolai Velimirovich

When a man clearly senses God's mercy toward him, he is startled, as from a dull and senseless dream, and becomes ashamed of his long blindness to God's unceasing compassion. In the time of Emperor



Justinian, the chief imperial tax collector in Africa was a certain Peter, a very wealthy but very hard and merciless man. The beggars grumbled among themselves, that not one of them had ever received alms from Peter. Then, one of them bet that he would succeed in getting alms from Peter. He persistently begged alms of the miser until Peter, in a rage, hit him with a loaf of bread, since he had nothing else close at hand. Joyfully the beggar took the bread and fled. Immediately after this Peter became seriously ill and had this vision: He was being interrogated by demons in the other world. There was a scale, and on one side of it, the demons heaped Peter's sins, making that side extremely heavy. On the other side-which was empty-angels stood, sorrowing that they had not even one good deed in Peter's life to help balance the scale. One of them said: "We have Nothing to place on the Scale except one loaf of bread, with which he Struck a beggar the day before yesterday." The angels placed this one loaf of bread on the empty side of the scale, and that loaf of bread outweighed the other side of the scale, laden with all of Peter's sins. When the vision was over Peter said to himself: "Indeed, this was not an apparition but the living truth, for I saw all my sins from my youth. And when I can be helped so much by one loaf of bread that I threw at a beggar, how much help would I receive from many deeds of almsgiving, performed from the heart and with humility?" And from that time, Peter became the most compassionate



man in his town. He distributed all of his possessions to the poor, and when he had finished distributing his possessions, he sold himself into slavery for thirty gold pieces and distributed Even his own price as a slave to the poor as alms in the name of Christ. He was, there after, called Peter the Merciful.



## FROM THE SAYINGS OF THE FATHERS

"What is a merciful heart? It is a heart on fire for the whole of creation, for humanity, for the birds, for the animals, for demons, and for all that exists. By the recollection of them the eyes of a merciful person pour forth tears in abundance. By the strong and vehement mercy that grips such a person's heart, and by such great compassion, the heart is humbled and one cannot bear to hear or to see any injury or slight sorrow in any in creation. For this reason, such a person offers up tearful prayer continually even for irrational beasts, for the enemies of the truth, and for those who harm her or him, that they be protected and receive mercy."



*St. Isaac the Syrian, 7th century*

# PARISH AND COMMUNITY UPCOMING EVENTS

## November

### Sunday 27th:

- **HOLODOMOR PANACHYDA** Following the Divine Liturgy

## December

### Sunday 4th:

- **1 yr. Memorial for blessed memory Protopresbyter Dmytro Luchak**—Panachyda following the Liturgy.
- **O. Koshetz Choir—65th Anniversary Concert** at 2:00 p.m. Franco-Manitoban Cultural Centre 340 Provencher Boulevard. Call Lida Horocholyn for tickets 254-4502

### Saturday 10th:

- **ANNUAL GENERAL MEETING OF THE UKRAINIAN ORTHODOX CHURCH OF CANADA FOUNDATION- AT 12:30 P.M. AT ST. ANDREWS COLLEGE.**

### Sunday 11th:

- **St. Andrew's College Feast Day and AGM**  
9:30 Greeting of His Eminence  
10:00 Hierarchical Liturgy  
Celebratory Dinner with short program to follow After formal program the AGM will be held. All invited to this special day.

### Sunday 18:

- **ST. NICHOLAS CONCERT**  
Brunch followed by St. Nicholas program.

ІКОНА НА ОБКЛАДЕНЦІ " ICON ON THE FRONT COVER  
СВЯТИЙ АПОСТОЛА ПІЛІП



**ST. PHILIP THE APOSTLE**

## WEBSITE

Visit our Cathedral website at [htuomc.org](http://htuomc.org). The site will provide news, information and event updates.

**CHECK IT OUT!**



**Ukrainian Orthodox Metropolitan Cathedral of the Holy Trinity**

1175 Main Street Winnipeg, Manitoba  
 Cathedral Office: 582-8946 Auditorium:582-7345 Fax: 582-4659  
 Web page: htuomc.org



**His Eminence Metropolitan YURIJ**  
*Archbishop of Winnipeg and the Central Eparchy,  
 Metropolitan of All Canada*



**Archpriest Gregory Mielnik, Dean**  
*Office: 582-8946 Residence: 415-3166*  
*E-mail: gmielnik@shaw.ca*



**ATTACHED CLERGY:**

Rt. Rev. Protopresbyter Victor Lakusta –Chancellor UOCC  
 Rev. Fr. Deacon Robert Hladiuk  
 Rt. Rev. Protopresbyter Wolodymyr Sluzar –Priest Emeritus  
 Rt. Rev. Protopresbyter John Melnyk –Priest Emeritus

**Holy Trinity Office Hours are:**

Monday: 9:00 AM – 3:00 PM /Secretary/  
 Fr. Gregory: by appointment

**THE CATHEDRAL FAMILY**

**CATHEDRAL PARISH COUNCIL**

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 Res: 338-5301 Bus: 582-8946

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Rose Petras  
 Res: 586-3672 Bus: 582-8946

**CHURCH /SUNDAY/ SCHOOL**

Dobr. Brenda Mielnik  
 Res: 415-3166 Bus: 582-8946

**OUTREACH COMMITTEE**

Walter Manulak  
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**CATHEDRAL CHOIR**

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**Advisors:**  
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 Lorraine Mischuk Res: 669-1071

**U. S. R.L. —TYC WINNIPEG BRANCH**

Maurice Bugera—President  
 Res: 694-9639 Bus: 582-8946

**UWAC—LESIA UKRAINKA BRANCH**

Margaret Pestrak—President  
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Holy Orthodoxy is the direct continuation of the Church of Jesus Christ and His Apostles, the Church of the Bible, the Church of the Creeds, the Church of the Fathers and the Church of the seven Ecumenical Councils.