

PARISH INFORMATION / ПАРАФІЯЛЬНІ ІНФОРМАЦІЇ:

Join Our Parish Family!

To be a member of the parish you must be an Orthodox Christian or become an Orthodox Christian. For further information about this process please see Father Gene. Membership application forms may be obtained from the Church Office. We appreciate and welcome your participation in our parish life and your support.

THE SACRAMENTS / ТАЇНСТВО

BAPTISMS / ХРЕЩЕННЯ: Please contact Fr. Gene to arrange a day and time. Контактуйтеся з о. Євгеном.

WEDDINGS / ВІНЧАННЯ: Please contact Fr. Gene to make arrangements at least 10 months prior to the intended date. Контактуйтеся з о. Євгеном.

CATECHISM FOR ADULTS / КАТЕХІЗМ ДЛЯ ДОРОСЛИХ: Adults wishing to enter the Orthodox Faith partake in a catechism program. It begins during Great Lent and ends on Pascha. Please contact Fr. Gene for more information. Контактуйтеся з о. Євгеном.

FIRST CONFESSION / ПЕРША СПОВІДЬ: Children are prepared during Great Lent to receive their first Confession on Lazarus Saturday/Palm Sunday. Діти готуються під час Великого Посту

ANOINTING OF THE SICK / HOLY COMMUNION FOR THE SICK / ЄЛЕЮ-ПОМАЗАННЯ / ПРИЧАСТЯ ХВОРИХ: Please contact Fr. Gene to arrange a visit: 204-336-0996. Контактуйтеся з о. Євгеном.

Divine Liturgy: Sunday - 10:00 am; Feast Days - 9:30 am
Божественна Літургія: В неділю о 10,00 год.; В празничні дні о 09,30 год.

Vespers: Saturday- 5:00pm & Weekdays-5:30 pm.
Вечірня: В суботу-17:00 і під час тижні-17,30 год.

Confessions: After Vespers; Until 10 mins. before Divine Liturgy; You may also arrange to confess your sins on any other day by appointment with the parish priest.

Сповідь: Сповідатися можна після Вечірні; до 10 хв. перед Літургією, а також в будь-який інший день за домовленістю із священником.

Holy Communion:

While only Orthodox Christians who have prepared themselves through fasting and prayer may come to communion today, God calls all to Communion with Him through Holy Orthodoxy. If you would like to become Orthodox, see me!

Тільки православні християни можуть приймати причастя у нашій церкві, і тільки з молитвою, постом і сповіддю.

COFFEE HOUR following the Divine Liturgy in the Auditorium

БРАТЕРСЬКА ЗУСТРІЧ ПРИ КАВІ після Божественної Літургії в Авдиторії:
Coffee Fellowship: March 13

Please come and share some "coffee and conversation" with your fellow parishioners!
Усіх ласкаво просимо на каву, для спілкування з своїми знайомими прихожанами!

Birthdays, Anniversaries, Birth, Wedding, Baptism Announcements:

Church School: We will be beginning to prepare our children for their first Confessions

Pre-authorized Payments: You can now make your donations by pre-authorized debits directly from your account. Please see **OUR FINANCIAL SECRETARY, MYKOLA KOWALCHUK** about setting this up. God bless you for your gifts.

OFFICE HOURS:

Holy Trinity Office Hours are:

Monday: 9 am - 3 pm
(Secretary)

Fr. Gene- Wednesday-
10am - 2pm

Thursday: by appointment
STOP BY TO PRAY, TO CONSULT, FOR COUNSEL OR EVEN JUST FOR COFFEE AND CONVERSATION!



КАТЕДРАЛЬНА ЛАМПАДА THE CATHEDRAL LANTERN

13 MARCH / ТРАВЕНЬ 2016

Українська Православна Митрополича Катедр Пресвятої Тройці
Holy Trinity Ukrainian Orthodox Metropolitan Cathedral

1175 Main Street * Winnipeg, MB * R2W 3S4 1175 Майн вулиця, Вінніпег Манітоба R2W 3S4
204-582-8946 (Телефон/Church Office) * 204-582-4659 (Факс/Fax) * 204-582-7345 (Авдиторія/Auditorium) *
204-582-1018 (Музей/Museum)

Email: office@htuomc.org Website: htuomc.org Facebook: www.facebook.com/HTUOMC



Предстоятель катедрі – Presiding Hierarch of the Cathedral:

Високопреосвященніший Митрополит Юрій,

Архиепископ Вінніпегу і Середньої Спархії, Митрополит всієї Канади

His Eminence Metropolitan Yuriij,

Archbishop of Winnipeg & the Central Eparchy, Metropolitan of All Canada

9 St. John's Avenue, Winnipeg, MB R2W 1G8

Telephone (Eparchial Office): 204-669-3654; email: metuocc@mymts.net

PASTOR: V. Rev. Archpriest Eugene (Gene) Maximiuk - ПАРХОХ: протоієрей Євген Максим'юк
76 Weinberg Rd, Winnipeg, MB R2V 1M8

Telephone: (Home) 204-336-0996; (Office) 204-582-8946; (Cell) 204-880-0358; email: molze@mymts.net

ATTACHED CLERGY: Rev. Fr. Deacon Robert Hladiuk-Диякон Богдан Гладюк
V. Rev. Archpriest Taras Udod, Chancellor UOCC-протоієрей Тарас Удод, Канцлер УПЦК

THE CATHEDRAL FAMILY

CATHEDRAL PARISH COUNCIL: Dr. Gregory Palaschuk—President Res: 338-5301 Bus: 582-8946

BROTHERHOOD: Taras Monastyrski Res: 661-1125 Bus: 582-8946

SISTERHOOD: Iris Demianiw Res: 633-0971 Bus: 582-8946

CHURCH SUNDAY SCHOOL: Pat Bugera

OUTREACH COMMITTEE: Steve Hinkewich Res.: 667-5720 Bus: 582-8946

CATHEDRAL CHOIR: Elaine Salamon Res: 269-5322 Bus: 582-8946

SENIORS' GOLDEN AGE CLUB: Taras Monastyrski Res: 661-1125 Bus: 582-8946

UKRAINIAN MUSEUM OF CANADA-Winnipeg Collection: Margaret Pestrak Res:334-5267 Bus: 582-1018

CYMK—U.O.Y. Advisor: Michelle Kowalchuk Res: 663-2994

U. S. R.A.—TYC WINNIPEG BRANCH: Dr. Roman Yereniuk, Co-Chair Res: 586-7089; Taras Monastyrski, Co-Chair Res: 661-1125

UWAC—LESIA UKRAINKA BRANCH: Carol Kowalchuk—President Res:489-2449 Bus: 582-1018

ORDER OF ST. ANDREW-WINNIPEG CHAPTER: Walter Manulak Res: 222-3022 Bus: 582-8946



Busy Hands Perogy Work Bee: March 30-April 1
ALL are welcome to join our team to make perogies & enjoy fellowship, with coffee and lunch provided!
NEW VOLUNTEERS WELCOME TO JOIN THE FUN!
(Training provided)
Monthly All You Can Eat Perogy Luncheon:
Friday, April 1 from 11:30am to 2:00pm

**PARISH
 COUNCIL
 MEETING:**

**MARCH 24
 @ 7pm**

THE VENERABLE JOHN CASSIAN

John, this great spiritual man, was born in Rome of renowned parents. In his youth he studied all the secular sciences, especially philosophy and astronomy. After that, he devoted himself completely to the study of Holy Scripture. Striving from good to better and desiring even higher levels of perfection, Cassian traveled from Rome to Constantinople to personally hear and see St. John Chrysostom. Chrysostom instructed him and ordained him a deacon. Benefiting much from the wise Chrysostom, Cassian traveled farther east, to learn even more and become more perfected. He remained in Egypt, the longest time in Nitria, among the famous spiritual athletes from whom he learned the art of every virtue. He finally returned to the west and settled in the town of Marseilles [French Seaport]. Here he established two monastic communities: one for men and one for women. At the request of the monks, Cassian wrote many essays which are especially beneficial for the lovers of the spiritual life: "Eight Books on the struggle against the eight principle passions" [Institutes of the Monastic Life and Conferences on the Egyptian Monks]. Of great importance is his essay against the heretic Nestorius. This essay was written at the request of Archdeacon Leo. He served our Lord faithfully and enriched many with his wisdom and took up habitation in eternal life in the year 435 A.D. The relics of St. Cassian repose in Marseilles [France] even today.

**Demographic Analysis of the Holy Trinity Membership
 1966 TO 2016**

The Order of St. Andrew invites the public to a presentation on the "Demographic Analysis of the Ukrainian Orthodox Church of Canada". The presentation will be made by Very Reverend Archpriest Taras Udod, Chancellor of the UOCC. The presentation will take place at the Ukrainian Orthodox Metropolitan Cathedral of the Holy Trinity Auditorium, 1175 Main Street, on Sunday, April 17, 2016, at 12:00 noon, following the Divine Liturgy and coffee hour.

Everyone is welcome.

FAMILY FUN



FAMILY MOVIE NIGHT AT THE METropolitan's Cathedral:

FRIDAY MARCH 25, 7:00PM at the Cathedral Auditorium

Bring a pillow, blanket, pajama drinks and popcorn and snacks available.

UWAC-Lesia Ukrainka Branch: Next Meetings: April 03

TYC-Ukrainian Self-Reliance Association of Canada: 3rd Thursday of each month-7pm

Order of St. Andrew-Winnipeg Branch:

Helping Hands: Watch for posters and advertising throughout the year.

Seniors' Golden Age Club: Wednesdays from October to May.

UPCOMING SERVICES:

MARCH / БЕРЕЗЕНЬ 2016

THURSDAY, MARCH 3 – OBIDNYTSYA at Holy Family Personal Care Home – 10:00 am

SATURDAY, MARCH 5 – MEMORIAL SATURDAY: DIVINE LITURGY – 9:30AM / Субота, 5 березня - задушна субота: Божественна Літургія - 9:30 рано

VESPERS – 5:00PM / Вечірня - 5:00 вечора

SUNDAY, MARCH 6– DIVINE LITURGY – 10:00AM / Неділя, 6 березня - Божественна літургія - 10:00 рано.

SATURDAY, MARCH 12 – VESPERS – 5:00PM / Субота, 12 березня - Вечірня - 5:00 вечора

SUNDAY, MARCH 13– DIVINE LITURGY – 10:00AM / Неділя, 13 березня - Божественна літургія - 10:00 рано.

Forgiveness Vespers/Чин Прощення: Holy Trinity Cathedral / Катедрa св. Тройці: 6pm

MARCH 14-17 – CANON OF ST. ANDREW OF CRETE – 6:00PM / 14-17 березня - Канон св. Андрія Критського - 6:00 веч. (All Saints; Sobor; St. Michael's; Holy Trinity)

WEDNESDAY, MARCH 16 – LITURGY OF PRE-SANCTIFIED GIFTS – 9:30AM / Середа, 16 березня - ЛІТУРГІЯ Передосвячених Дарів - 9:30 рано

FRIDAY, MARCH 18– AKATHIST – 5:30PM / Акафіст - 5:30 вечора

SATURDAY, MARCH 19 – VESPERS – 5:00PM / Субота, 19 березня - Вечірня - 5:00 вечора

SUNDAY, MARCH 20– DIVINE LITURGY – 10:00AM / Неділя, 20 березня - Божественна літургія - 10:00 рано.

SUNDAY OF ORTHODOXY – 6:00PM at St. Mary the Protectress / Неділя Православ'я - 6:00 PM в соборі св. Покрови 820 Burrows Avenue.

FRIDAY, MARCH 25 – LITURGY OF PRE-SANCTIFIED GIFTS – 9:30AM / П'ятниця, 25 березня - ЛІТУРГІЯ Передосвячених Дарів - 9:30 рано

AKATHIST – 5:30PM / Акафіст - 5:30 вечора

SATURDAY, MARCH 26 – 1st MEMORIAL SATURDAY: DIVINE LITURGY – 9:30AM / Субота, 26 березня – 1ша задушна субота: Божественна Літургія - 9:30 рано.

VESPERS – 5:00PM / Вечірня - 5:00 вечора

SUNDAY, MARCH 27 – DIVINE LITURGY – 10:00AM / Неділя, 27 березня - Божественна літургія - 10:00 рано.

PASSIA- Holy Trinity Cathedral: 6:00pm / Пассія – Катедрa св. Тройці: 6:00 веч.

TUESDAY, MARCH 29 – OBIDNYTSYA at Maples Personal Care Home – 10:00am

WEDNESDAY, MARCH 30 – LITURGY OF PRE-SANCTIFIED GIFTS – 9:30AM / Середа, 30 березня - ЛІТУРГІЯ Передосвячених Дарів - 9:30 рано.

CLERGY VISITATION:

If you are aware of anyone ill, at home or in the hospital, or who simply would appreciate a visit from our clergy, please inform our parish priest. We need to keep in touch with all of our members & a vital part of this specific ministry is YOUR HELP - please keep us informed. **GOD BLESS YOU AND THANK YOU. СПАСИ ВАС ГОСПОДИ!**

REFLECTION

St. John Cassian writes of the struggle with the spirit of lust in this manner: "Struggle with the spirit of lust is a bitter struggle; longer than other struggles; a daily struggle victoriously accomplished completely only by a small number of people. This struggle begins with the first mature growth and does not cease until all other passions are defeated. In this struggle, a two-fold weapon is necessary. For the achievement of this perfect and pure chastity bodily fasting alone is not sufficient (although fasting, before everything else is necessary): along with this, meekness of the spirit and unremitting prayer is necessary against this most impure spirit [lust]. After that, continual study of Holy Scripture together with prudent mental exercises and after that physical labor and handi-works, all of which keeps the heart from lusting and restores it to itself and, above all, profound and true humility without which victory over any passion can never be achieved. Victory over this passion [lust] is conditioned with the perfect purification of the heart from which, according to the words of the Lord, flows the poison of this sickness [lust]. "For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies" (St. Matthew 15:19). One must have stable humility and patience in the heart as well as careful protection of oneself from anger and other passions during the course of the day. For in as much as the fire of anger enters in us, afterward so much easier, does the ember of passions penetrate us. It is interesting that even many other great spiritual fathers bring into causal tie the passion of anger and the passion of lustful desire from which follows, that the most angry ones are the most lustful ones.

Про Притвор Церковний

У притворі священик також очищає через молитву жінку, яка вперше по народженні дитини приходить до церкви. Тут мають відбуватися заручини, а колись (подекуди й тепер) читалася відповідна молитва над жінкою, яка по шлюбі приходила до церкви, то був так званий вивід.

Коли ми входимо до церкви, то в притворі часто зустрічаємо людей, які і потребують нашої допомоги. Це теж є для нас наукою: якщо ми йдемо до церкви просити в Бога ласки й милосердя, то ми насамперед повинні виявити милосердя до ближнього.

Таке значення має ця перша частина церкви, котра називається притвором. Це нагадує нам, щоб ми не відкладали покаєння і не боялися підняти легкий труд за тяжкі гріхи. Ті, хто каявся у давні часи, є для нас яскравим прикладом. Вони терпляче зносили тяжкі й багаторічні кари, які на них накладалися. *Далі буде*



UWAC SPRING BAZAAR: MARCH 19TH:4:00-8:30PM in the Cathedral Auditorium. Sale of paskas, babkas, pyrohy, holubtsi, borsch, meals and more. 50/50 draw and raffle. Bingo starts at 6:00

PRAYER INTENTIONS:

Please remember during Divine Services at our parish and during Home Prayer Devotions.

Those in need: Rose K., Руслан, Mary, John A., Jim (travelling); Nadiya Savchenko and all political prisoners; Maria and Vira; and all refugees throughout the world; Missing Indigenous Women;

Those recovering from illnesses: Lillia; Nicholas; Anna R.; Володимир; Eugene U.; Chelsea & Kayla W.; Domka; Carol; Rose; Theresa K.; Barbara F.; Olga L.; Emily; Kalyna; Andrij; Alice; Graham; Mari- anne P.; Eddie M.; Mary G.; Peter M.; Andrea; Всі які тяжко помученні, поранені або лежать в лікарнях в Україні.

Deceased: Всі загиблих боїнів і громадян України

And all Members and Supporters of our parish who are sick or have needs.

May our loving God bestow upon you His Heavenly Blessings to answer your needs.

SENIORS GOLDEN AGE CLUB: THE CLUB MEETS WEDNESDAYS AT 10:00 AM IN THE CHURCH AUDITORIUM.

- March 2** The Consort of Friends Chamber Music Ensemble Presentation
- March 9** Exercising to Music: Music by Bill Scherbatiuk and friends
- March 16** Meeting following Liturgy of Presanctified Gifts Religious Lecture by Father Taras Udod "Starting the Lenten Journey"
- March 23** Winnipeg Fire Paramedic Service Response Profile Presentation by Cory Guest, Public Education Coordinator EMS
- March 30** No Meeting Preparations for "All You Can Eat Varenyky"

CASH O RAMA

THE FINANCE COMMITTEE'S ANNUAL CASH O RAMA FUNDRAISER WILL BE HELD ON JUNE 19, 2016. Pick up your tickets in your parish mailbox. EXTRA TICKETS AVAILABLE FROM PAUL LASKO or church office.

9. A brother questioned Abba Arsenius to hear a word of him and the old man said to him, 'Strive with all your might to bring your interior activity into accord with God, and you will overcome exterior passions.'

Слава Ісусу Христу! Слава на Віки!

Катедральна Парафія Пресвятої Тройці сердечно вітає всіх гостей, які прибули до нас на Богослуження. Спаси вас Господи!

Glory be to Jesus Christ! Glory Forever!

The Cathedral Parish of Holy Trinity extends a warm welcome to all our guests. We are pleased that you have come to pray with us. May the Lord save You!

Romans 13: 11-14:4 (CHEESE-FARE SUNDAY)

11 And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed. 12 The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. 13 Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. 14 But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts. 14:1 Receive one who is weak in the faith, but not to disputes over doubtful things. 2 For one believes he may eat all things, but he who is weak eats only vegetables. 3 Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. 4 Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

Римлян 13: 11-14:4 (НЕДЛЯ СИРОПУСНА)

13:11 І це тому, що знаєте час, що пора нам уже пробудитись від сну. Бо тепер спасіння ближче до нас, аніж тоді, коли ми ввірували. 12 Ніч минула, а день наблизився, тож відкиньмо вчинки темряви й зодягнімось у зброю світла. 13 Як удень, поступаймо добродібно, не в гульні та п'янстві, не в перелюбі та розпусті, не в сварні та заздощах, 14 але зодягніться Господом Ісусом Христом, а догодження тілу не обертайте на пожадливість! 14: 1 Слабого в вірі приймайте, але не для суперечок про погляди. 2 Один бо вірує, що можна їсти все, а немічний споживає ярину. 3 Хто їсть, нехай не погорджує тим, хто не їсть. А хто не їсть, нехай не осуджує того, хто їсть, Бог бо прийняв його. 4 Ти хто такий, що судиш чужого раба? Він для пана свого стоїть або падає; але він устоїть, бо має Бог силу поставити його.

TYC Meeting Thursday March 17, 2016 Church Boardroom. Guest Speaker V. Rev. Archpriest Taras Udod, Chancellor. The Meeting will be held following the Canon Service. Please attend the Canon Service at 6pm.

Petition for all Political Prisoners to be included in the Divine Liturgy:

“Again we pray for the freedom, mercy, health, and salvation of all of Your servants, our brothers and sisters illegally imprisoned, held hostage and who unjustly languish in captivity in Russia, in Crimea and in the Donbas of Ukraine, O Christ our God, Who liberates the weak from attacks and rescues the destitute, hear us and have mercy.”

“Ще молилось за свободу, милість, здоров'я і спасіння всіх рабів Твоїх, наших братів і сестер у неволі, у полоні та ув'язнені в Росії, у Криму і на Донбасі; Владико Христе Боже наш, що бідного визволяєш від насильника і рятуюєш безпорадного, вислухай нас і помилуй”.

Matthew 6: 14-21 (CHEESE-FARE SUNDAY)

14 “For if you forgive men their trespasses, your heavenly Father will also forgive you. 15 But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. 16 “Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. 17 But you, when you fast, anoint your head and wash your face, 18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. 19 “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; 20 but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also.

Маттвія 6: 14-21 (НЕДЛЯ СИРОПУСНА)

14 Бо як людям ви простите прогріхи їхні, то простить і вам ваш Небесний Отець. 15 А коли ви не будете людям прощати, то й Отець ваш не простить вам прогріхів ваших. 16 А як постите, то не будьте сумні, як оті лицеміри: вони бо змінюють обличчя свої, щоб бачили люди, що постять вони. Поправді кажу вам: вони мають уже нагороду свою! 17 А ти, коли постиш, намасти свою голову, і лице своє вмий, 18 щоб ти посту свого не виявив людям, а Отцеві своєму, що в таїні; і Отець твій, що бачить таємне, віддасть тобі явно. 19 Не складайте скарбів собі на землі, де нищить їх міль та іржа, і де злодії підкопуються й викрадають. 20 Складайте ж собі скарби на небі, де ні міль, ні іржа їх не нищить, і де злодії до них не підкопуються та не крадуть. 21 Бо де скарб твій, там буде й серце твоє!

The Rite of Forgiveness at the end of the Liturgy: We will share the rite of forgiveness with each other this evening at 6pm. Below is the order that we will follow.

Note: The usual order is for the person approaching to say, “Forgive me father/brother/sister,” and the respondent to say, “God forgives. Forgive me, and pray for me.” The first person asks forgiveness of the celebrant, then stands to his right, the next person of the celebrant and the first person, then stands at their right, etc. While the rite of mutual forgiveness is taking place the chanters traditionally chant the Paschal Verses Let God arise or the Paschal Canon quietly.

Заввага: Зазвичай особа, яка наближається повинна сказати: "Простить мені отче / брате/сестро", а відповідаючий каже: "Нехай Бог простить. Простить мені і молиться за мене". Перша особа просить прощення у священника, тоді стає праворуч від нього, на ступна просить прощення у священника і в першій особі, а тоді стає справа від них (за першою), і т.д. Під час цього обряду взаємного прощення співці традиційно співають пасхальний стих—Нехай воскресне Бог, або пасхальний Канон не голосно.

On Saturday, March 12, 2016 at 8:00 pm and Sunday, March 13, 2016 at 3:00 pm at the Ukrainian Labour Temple (591 Pritchard Avenue), Camerata Nova presents nortendluvsongs, . You will hear pieces inspired by Ukrainian, Aboriginal, Filipino, Jewish, Russian and Scottish traditions, including a “curling cantata in 10 ends” as well as songs about the Winnipeg General Strike and potatoes! Pre-concerts by the Winnipeg Mandolin Orchestra Saturday at 7:15 pm and Sunday at 2:15 pm