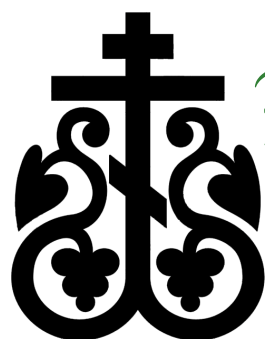


District Priest: Fr. Peter Haugen - 587-252-2715
District President: Ron Rusnak - 780-826-2062
Newsletter Contact: Dobr. Erin Haugen - 587-252-3410

February 2019
Volume 6, Issue 1



Bonnyville & District Parish News

Sponsors!

This month's issue is sponsored by

Joanne & Dwayne Ternovoy
In memory of Kathy Olafson

A photo tribute can be found on page 5 & 6.

If you are interested in how you can sponsor a newsletter,
please see Caroline Yewchin.

PASTORAL MESSAGE

Submitted by Fr. Peter Haugen

Христос посеред нас! Christ is amongst us!

I put together a similar article in 2014, shortly after arriving to the district. Lately, I have been receiving some similar questions so I have decided to publish this again in the hopes that it helps and answers some of the questions for our parishioners and visitors. I have taken portions from similar articles found online on Church etiquette in hopes of bringing to light some of the practical aspects of entering and worshiping in an Orthodox Church.

Venerating Icons - When you enter the church, it is traditional to venerate the icons. The main icon is located on the Tetrapod at the front of the church. When



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NEW & IMPROVED!

Ukrainian Orthodox
Church of Canada
www.uocc.ca

Western Eparchy
www.uocc-we.ca

Bonnyville/St. Paul
Parochial District
www.bonnyvilleanddistrictuoc.ca/

Ancient Faith Radio
www.ancientfaith.com

Pastoral continued from page 1.

venerating (kissing) and icon, pay attention to where you kiss. It is not proper to kiss an icon in the face. When you approach and icon to venerate it, kiss the gospel, scroll, or hand cross in the hand of the person in the icon, or kiss the hand or foot of the person depicted. As you venerate and icon, show proper respect to the person depicted in the icon — the same respect you would show the person by venerating him or her in an appropriate place.

Lighting Candles - Lighting candles is an important part of Orthodox worship. We light them as we pray, making an offering to accompany our prayers. Orthodox typically light candles upon entering the church, after venerating the icons. If a service is already in progress, and the candle stands are up front, it is important to wait for a proper time. Candles should not be lit during the Epistle and Gospel reading or during the Sermon, and most times when people are standing. A good rule of thumb is if people are sitting (other than the sermon) you may light candles.

Kiss (Don't Shake) the Bishop's and Priest's Hand - The proper way to greet a bishop or priest is to ask his blessing and kiss his right hand. How do you do this? Approach the bishop or priest with your right hand over your left and say "Father ("Master," in the case of a bishop), bless." This is appropriate and traditional, rather than shaking their hands. When you receive such a blessing it is Christ Himself who offers the blessing through the hand of the priest or bishop. Who of us would not want all of Christ's blessings we can get?

Making the Sign of the Cross - A person looking around on a Sunday morning may notice that different people cross themselves at different times. To a certain extent, when to cross oneself is a matter of personal piety and not of dogma. However, there are times in the service when crossing oneself (thumb and first two fingers touching each other, third and fourth fingers folded into the palm: touching head first, to stomach, right shoulder to left) is called for:

To cross: when you hear one of the variations of the phrase "Father, Son, and Holy Spirit"; before venerating an icon, Gospel, or Cross; when blessed with an icon, Cross, Gospel, or Chalice; entering and exiting the temple; when passing before the Altar.

Not to Cross: (only bowing of the head): when blessed with hand (as in "Peace be unto all"), or censed. In receiving a blessing from a bishop or priest one does not make the sign of the Cross beforehand. "In this way ought we to distinguish between reverence toward holy things and toward persons"

Standing vs. Sitting - The traditional posture for prayer and worship in the Orthodox Church has been to stand. In the Orthodox "old countries", there are usually no pews in the churches. Chairs or benches on the side walls are usually reserved for



Liturgical Scripture Readings

February 2019

Sunday, February 3th

36th Sunday after Pentecost

Epistle: 1 Tim. 1:15-17;

Gospel: Lk. 18:35-43.

Sunday, February 10th

37th Sunday after Pentecost

Epistle: 1 Tim. 4:9-15;

Gospel: Lk. 19:1-10.

Sunday, February 17th

*Sunday of the Publican and the Pharisee
Afterfeast of the Meeting of the Lord*

Epistle: 2 Tim. 3:10-15;

Gospel: Lk. 18:10-14.

Sunday, February 24th

Sunday of Prodigal Son

Epistle: 1 Cor. 6:12-20;

Gospel: Lk. 15:11-32.

Newsletter Submissions Needed!

Please keep the submissions for the newsletter coming! Announcements, reports, stories, photos... If you want to share it, we want to see it! Please feel free to submit to me anytime.

Dobr. Erin Haugen:
ehaugen@hotmail.ca
587-252-3410

Fr. Peter's Contact Information:

5525-55 Ave.
St. Paul, Alberta
ToA 3A1

Phone:

587-252-2715

Email:

pmthaugen@hotmail.com

If anyone you know is in the Hospital, or are at home ill and would like a visitation from me, please contact me and I will make immediate arrangements to meet with them.

Pastoral continued from page 2.

the elderly and infirm. In North America, we have tended to build our churches with pews, and since we have them, we need to figure out when we may sit and when we should stand. First of all, it is fully acceptable (even preferable) to stand for the entire service. If you prefer this, it would be better to find a place closer to the back or side of the church so as not to stand out or block someone's view. When should you definitely stand? Always during the Gospel reading, the Little and Great Entrances, the Anaphora, the distribution of Holy Communion, whenever the priest gives a blessing, and the Dismissal. In many parishes, the Divine Liturgy books in the pew have suggested times when sitting is acceptable. Follow those instructions (it's probably safer than to follow what the people are doing in the first couple of rows). When in doubt, stand. It is never wrong to stand in church.

Handling the Holy Bread / "Antidoron" - After taking Communion, at the end of the Divine Liturgy, and at Vespers with a "Litya" or "Blessing of Bread", it is traditional to eat a piece of holy bread or antidoron—the left-over bread from which Holy Communion was prepared and various commemorations made. While antidoron is not the Body and Blood of Christ, it is blessed bread, and as such, we should take precaution to eat it carefully so that crumbs don't fall to be trampled underfoot. Monitor the children as they take the antidoron, teaching them to eat respectfully.

A Word About Lipstick - Lipstick has a tendency to leave smeared lip prints on icons, crosses, the communion spoon, and the priest's or bishop's hand. This detracts from the beauty of the act of veneration and can be disturbing to others venerating after you. What is the answer? If one insists on wearing lipstick to church, blot your lips well before venerating or wait until after the Divine Liturgy to apply your lipstick.

On Receiving the Holy Eucharist - We are called to "Receive this sacred trust and protect it..." as such, it is important to approach the Chalice with great reverence and attention. At all times clergy and laity alike should be attentive to avoid accidentally spilling the precious Body and Blood. Approach with hands crossed over one's chest, and approach close to the Chalice so that the communion cloth rests under your chin without the Elders having to reach out to you. Open your mouth wide and lift your tongue to the roof of your mouth and please avoid sticking your tongue out of your mouth, this manner greatly assists the priest in safe distribution of the Holy Gifts. Please do not cross yourself afterward, again to avoid accidents. Following the Eucharist, partake in the bread and water prepared by the elders to wash down any remaining particles.

Pastoral continued from page 3.

These are just some of the practical guidelines for how we approach worshipping and entering the Church.

Should you have any further questions or would like some further clarity on any of the above topics, please feel free to contact me!

Yours In Christ,

Father Peter Haugen

Great Vespers

We will be holding Great Vespers on the Saturdays preceding the Divine Liturgies in St. Paul and Bonnyville. It is my hope that in time, as our parishioners become more comfortable with this service, that individuals will volunteer to assist in the readings when they arrive at the Church. No one will be forced to read, so please don't avoid these services in fear of being asked, but it really is a wonderful way of becoming more involved in our worship services.

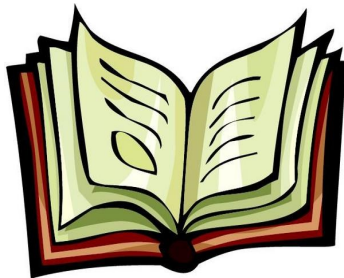
Schedule of Great Vespers:

Saturday - February 23rd - St. Elias, Bonnyville - 5 pm

Saturday - March 2nd - All Saints, St. Paul- 5 pm

Genesis Bible Study

Due to the poor weather conditions and a desire to participate in all the lessons being voiced by those who are attending Bible Studies, we have moved the Bible Studies with the intent of making them available to as many people as possible. The Dates are as follows:



Monday, Feb 11th - St. Paul @ 6:30pm- Introduction to the Old Testament
Tuesday, Feb. 12th - Bonnyville @ 6:30pm- Genesis Part 1 - Creation

Monday, Feb 18th - St. Paul @ 6:30pm- Genesis Part 2 - Adam and Eve
Tuesday, Feb. 19th - Bonnyville @ 6:30pm- Genesis Part 2 - Adam and Eve

Monday, Feb 25th - St. Paul @ 6:30pm- Genesis Part 3 - After the Fall
Tuesday, Feb. 26th - Bonnyville @ 6:30pm- Genesis Part 3 - After the Fall

REMEMBERING

Kathy Olafson

In Loving Memory of



Kathy Olafson
1937 - 2014

Happy Home Recipe

4 c. Love
4 c. Loyalty
3 c. Friendship
3 c. Forgiveness
2 Tbsp. Hope
2 Tbsp. Tenderness
4 Qt. Faith
1 Barrel Laughter
Take love & loyalty, mix
thoroughly with faith
Blend together with
tenderness & add
understanding. Mix in
Friendship & Hope. Sprinkle
abundantly with
Laughter. Bake with
sunshine & serve
daily in generous
amounts



REMEMBERING

Kathy Lafson

The Chain

We little knew that morning
That God was going
to call your name.
In life we loved you dearly.
In death we do the same.
It broke our hearts to lose you,
You did not go alone,
For part of us went with you,
That day God called you home.
You left us peaceful memories,
Your love is still our guide:
And though we
cannot see you,
You are always at our side.
Our family chain is broken,
And nothing seems the same,
But as God calls us
one by one
The chain will
link again.

What a friend we
have in Jesus.
All our sins & griefs
to bear!
What a privilege to
carry!
Everything to God in
prayer!





The Prayer Corner

Welcome to *The Prayer Corner* - a place where we have been exploring and learning more about prayer in our Orthodox Faith. It is said that, throughout the Christian world, the prayers that are said most often are, Our Father, Hail Mary and the Jesus Prayer.

The Jesus Prayer

The Jesus Prayer is one of the shortest, yet most powerful prayers in the Orthodox Church, *“Lord Jesus Christ, Son of God, Have mercy on me a sinner.”*

The practice of the Jesus Prayer is to commit to daily prayer, find a quiet place with no distractions, and repeat the prayer over and over again slowly, initially for 10-15 minutes and working up to 30 minutes. Your mind will want to wander, of course! Gently bring it back to the words of the prayer.

Saying the words out loud will help you focus. A prayer rope can also be helpful when starting out. Hold the rope between your thumb and index finger and recite the prayer as your fingers touch each of the beads.

Eventually, as you continue with prayer over time, you will be able to say the prayer silently in your mind. Sometimes it is helpful to time your prayer to your breathing: as you breathe in, pray silently, “Lord Jesus Christ, Son of God”; as you slowly breathe out, silently pray, “have mercy on me a sinner”.

In our modern world, people are using meditation, yoga and mindfulness as a means to calm anxieties and fears. On the surface, the Jesus Prayer may look and sound like some ancient form of meditation, but this is not so. Mindfulness seeks to **empty** and calm your mind so that you can pay attention to the present moment, and not worry about things that have happened in the past or that are going to happen in the future. The Jesus Prayer is intended to **fill** your mind and heart with the presence of Jesus. Perhaps this is why the Jesus Prayer is also known as “the prayer of the heart” ... as you pray, you reach a level of transformation and know that God dwells in the depth of your heart.

As Bishop Kallistos Ware has written, “by spending a few moments invoking the Divine Name each day, we actually transform all the other remaining moments of the day”. (Source: Article by St. Vladimir’s U.O. Theological Seminary, 2010)

During Great Lent we are called to pray more, fast, and give alms. Perhaps this could be a good way to start ... include the Jesus Prayer in your morning prayers and open your heart more fully to Christ!

Prayer Team

We invite you to become a member of the Prayer Team, praying for others who are in need. This month, please keep in your prayers:

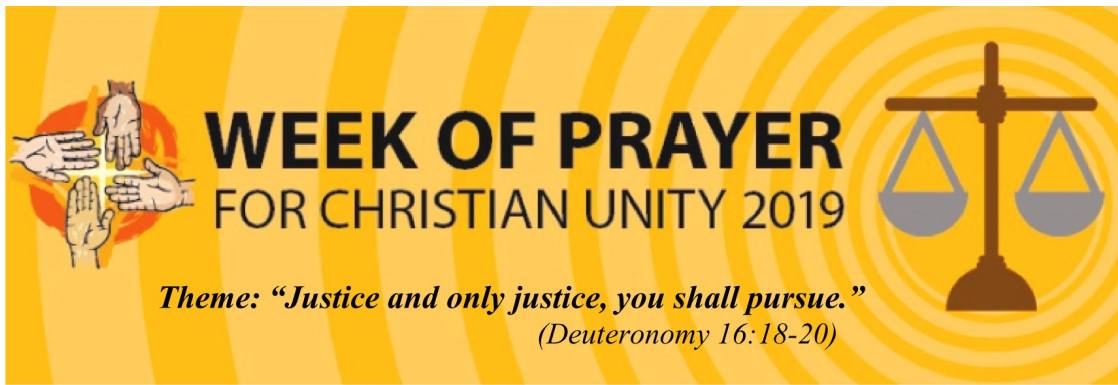
Margie & Richard & Family

Newly fallen asleep in the Lord, Rosemarie

Marlene & Jim

Maryna, baby Adam & family

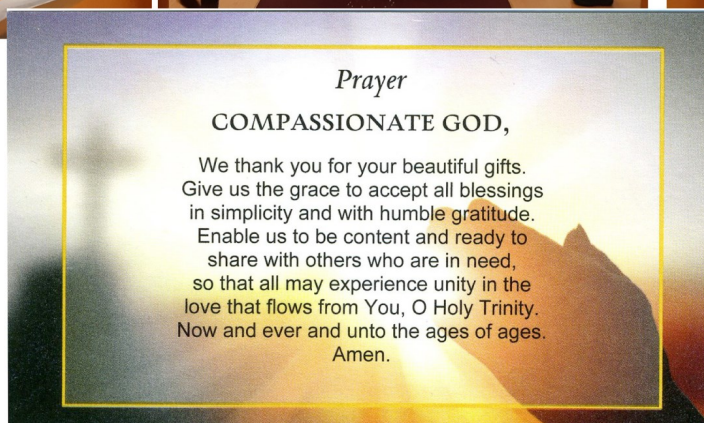
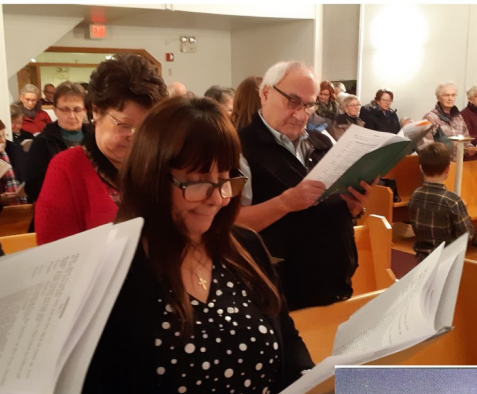
If you have names to submit for the Prayer Team, contact Caroline at: cjuchin@telusplanet.net



On January 21, 2019, All Saints Ukrainian Orthodox Parish in St. Paul was pleased to host one of eight services during the Week of Prayer for Christian Unity. The theme for the week, “Justice and only justice, you shall pursue” called people to move from shared prayer to shared action....to be agents of Christ’s healing grace in a broken world. We do this by making specific commitments to justice, equality, and unity. As members of the body of Christ, we are called to:

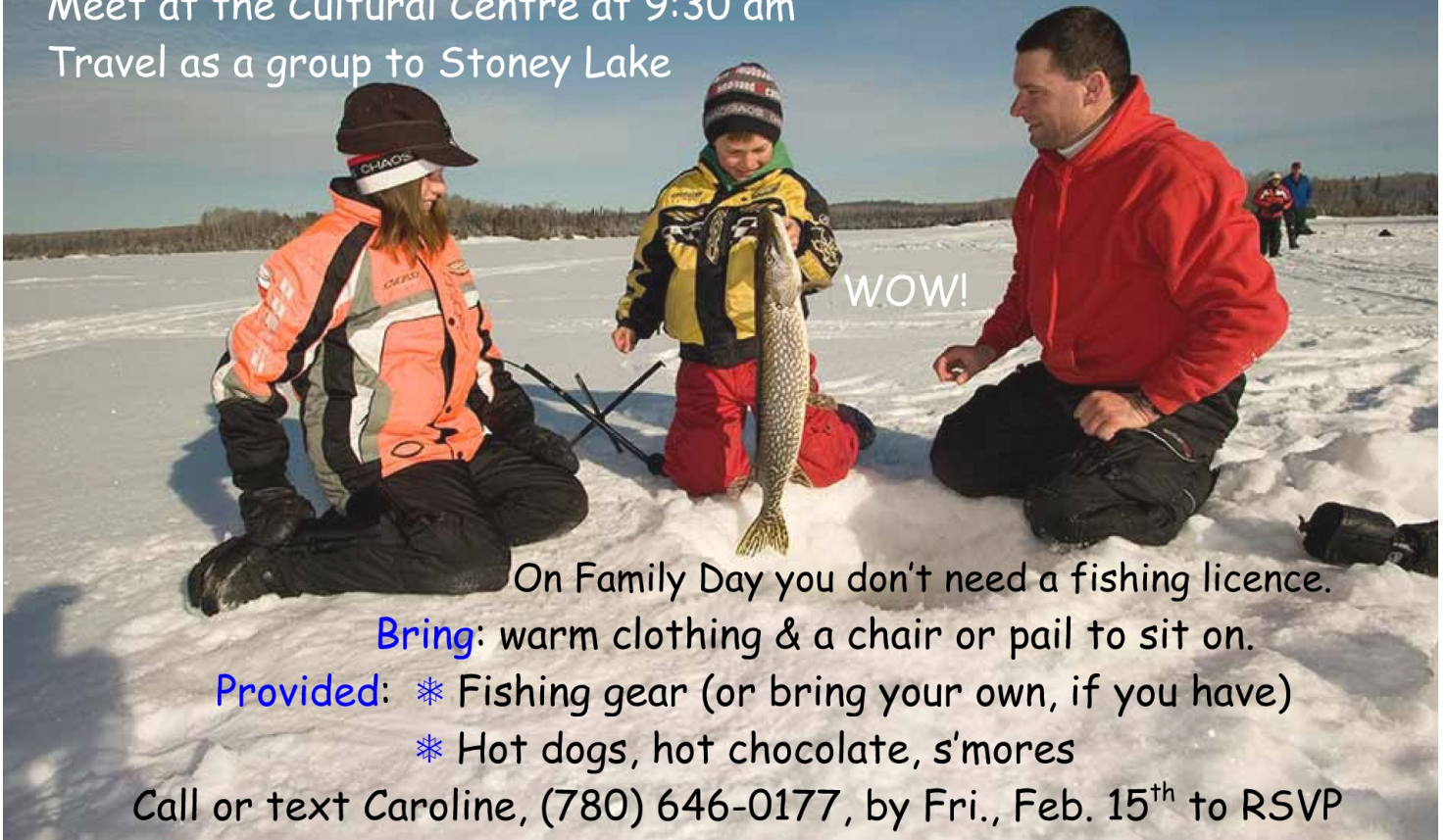
- ☐ Walk together in His path. Let us hear His calling.
- ☐ Keep our lives free from the love of money, and be content with what we have. Let us break the cycle of greed and live in simplicity.
- ☐ Proclaim release to captives and victims of all forms of violence. Let us help them to live in dignity.
- ☐ Extend hospitality to strangers. Let us outdo one another in showing honour.
- ☐ Proclaim the good news to the whole creation. Let us protect the life and beauty of God’s creation.

The overlying message of this year’s theme is that there are many colours, cultures, and customs in our world. We are called to not dwell on our differences, but to unite us by love to make this world a just and peaceful place for all humanity.



COMING UP SOON!

All Saints Church is hosting "Family Day Ice Fishing"
Monday, Feb. 18, 2019
Meet at the Cultural Centre at 9:30 am
Travel as a group to Stoney Lake



On Family Day you don't need a fishing licence.

Bring: warm clothing & a chair or pail to sit on.

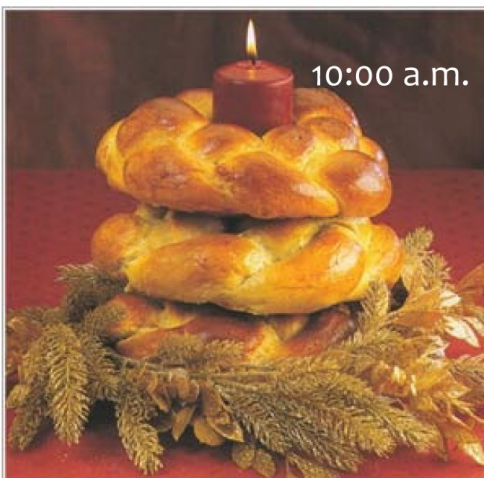
Provided: * Fishing gear (or bring your own, if you have)

* Hot dogs, hot chocolate, s'mores

Call or text Caroline, (780) 646-0177, by Fri., Feb. 15th to RSVP

District Memorial Service

Saturday, March 2



Members from our 6 sister Churches are invited to gather at St. Elias Ukrainian Orthodox Church, Bonnyville for our annual District Memorial Service to pray for and remember family members who have fallen asleep in the Lord.

Divine Liturgy will start at 10:00a.m. on Saturday, March 2 with a fellowship lunch to follow.

Please bring your pamyatneks (little black books) so your family names can be included.



Peroghy Supper

Friday
February 22, 2019
5:30 - 7:00 pm

ALL SAINTS UKRAINIAN
CULTURAL CENTRE
5601 - 51 St., ST. PAUL

Adults: \$18
Seniors: \$16
Youth 6-12: \$10
5 & under: Free

Everyone is Welcome!



*“O Lord Jesus Christ, Son of God. Have mercy on me, a sinner .”
-Jesus Prayer*

WEBSITE

Don't forget we have a website!

It is under a bit of construction, but you can find updates, locations, and a long term schedule there. Photos will be coming soon as well. Check it out!

www.bonnyvilleanddistrictuoc.ca/

We're also on Facebook!
Look up:

Bonnyville District of the
Ukrainian Orthodox Church of
Canada

All Saints
St. Paul, AB
Dwayne Ternovoy
780-614-0858

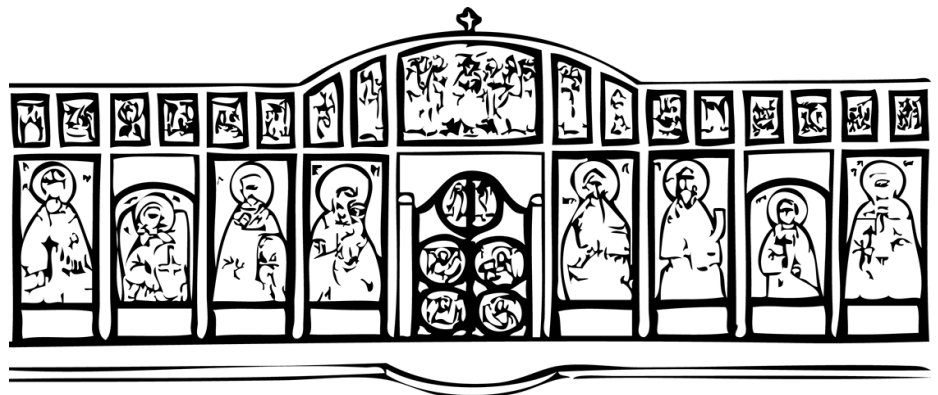
St. Elias
Bonnyville, AB
Janet Hutskal
780-573-3470

Sts. Peter & Paul
Nowa Bukowina, AB
Sandra Yuschyshyn
780-645-4815

Holy Trinity
Glendon, AB
Joyce Drapaka
780-645-3760

All Saints
Sandy Rapids, AB
Ron Rusnak
780-826-2062

Descent of the Holy Spirit
Stry, AB
Marion Chimko
780-636-2870





Bonnyville & District Ukrainian Orthodox Parish

Council Society - Schedule of Services - 2019

Note: Services may be cancelled due to inclement weather. If weather is a concern, please contact the President listed to learn service status.

JANUARY				
Date	Day	Time	Location	Description
6	Sunday	9:30 PM	St. Paul	Eve of Nativity
7	Monday	10:00 AM	Bonnyville	*Nativity of our Lord*
13	Sunday	10:00 AM	Nowa Bukowina	Sunday After Nativity
18	Friday	5:00 PM	Bonnyville	Eve of Theophany - Water Blessing
19	Saturday	*THEOPHANY*		
20	Sunday	10:00 AM	Kiev's-K-Hi	Great Water Blessing
21	Monday	7:00 PM	St. Paul	Week of Prayer for Christian Unity
26	Saturday	5:00 PM	Bonnyville	Great Vespers
27	Sunday	10:00 AM	Bonnyville	35th Sunday after Pentecost/ District AGM

FEBRUARY				
Date	Day	Time	Location	Description
3	Sunday	10:00 AM	St. Paul	Thirty Sixth Sunday After Pentecost
10	Sunday	10:00 AM	Nowa Bukowina	Thirty Seventh Sunday After Pentecost
15	Friday	*MEETING OF THE LORD IN THE TEMPLE*		
17	Sunday	10:00 AM	Glendon	Sunday of the Publican and Pharisee
23	Saturday	5:00 PM	Bonnyville	Great Vespers
24	Sunday	10:00 AM	Bonnyville	Sunday of the Prodigal Son

MARCH				
Date	Day	Time	Location	Description
2	Saturday	10:00 AM	Bonnyville	ENTIRE DISTRICT MEMORIAL SATURDAY
	Saturday	5:00 PM	St. Paul	Great Vespers
3	Sunday	10:00 AM	St. Paul	Cheesefare Sunday
10	Sunday	10:00 AM	Nowa Bukowina	Meatfare/Forgiveness Sunday