

**Катедральна  
Лампада  
травень 2020**



**Cathedral  
Lantern  
May 2020**

**CHRIST IS RISEN! ХРИСТОС ВОСКРЕС!**

**Українська Православна Митрополича Катедра Пресвятої  
Троїці**

**Holy Trinity Ukrainian Orthodox Metropolitan Cathedral**

1175 Main Street, Winnipeg, MB R2W 3S4

Office: 204 582-8946 | Auditorium: 204 582-7345

**Предстоятель катедри – Presiding Hierarchy of the Cathedral:**

**Високопреосвященніший Митрополит Юрій,**

Архиєпископ Вінніпегу і Середньої Єпархії, Митрополит всієї Канади

**His Eminence Metropolitan Yuriy,**

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](mailto:metuocc@mymts.net)

Parish Priest: Fr. Gene Maximiuk

cell: 204 880-0358 | [molze@mymts.net](mailto:molze@mymts.net)

Parish President: Keith Swinton

Cell: 204 930-7276 | [swintok@hotmail.com](mailto:swintok@hotmail.com)

Email: [office@htuomc.org](mailto:office@htuomc.org) | Website: [htuomc.org](http://htuomc.org) | Facebook: [@HTUOMC](https://www.facebook.com/HTUOMC)

YouTube: [Holy Trinity Ukrainian Orthodox Cathedral](https://www.youtube.com/HolyTrinityUkrainianOrthodoxCathedral)

*"I hereby command you: Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go." Joshua 1:9*

*"Чи ж не наказав Я тобі: будь сильний та відважний? Не бійся й не лякайся, бо з тобою Господь, Бог твій, у всьому, де ти будеш ходити." Ісус Навин 1:9*

Schedule of Upcoming Services			Богослужіння		
Saturday, May 2	5:00 pm	Great Vespers	2-го травня	5:00 вечора	Велика Вечірня
Sunday, May 3	10:00 am	Divine Liturgy	3-го травня	10:00 рано	Св. Літургія

Services will be livestreamed on the [Cathedral Facebook page](#) and on the Cathedral [YouTube channel](#) as the cathedral remains closed to the public due to the COVID 19 crisis. You may contact Fr. Gene with the names of anyone you would like mentioned in the prayers during these services.

Наскільки наша катедрa лишається закритою через епідемію хвороби COVID-19, богослужіння транслюватимуться прямим ефіром на головній сторінці [Фесбук Митрополичої Катедрi](#) і по каналі [YouTube](#). Прохання зв'язатися безпосередньо з о. Євгеном, щоб передати імена тих, кого Ви б хотіли, щоб він згадав під час богослужінь.

### PRAYER INTENTIONS

**Those in need (Потреби):** Lawrence; Chelsea & Kayla; Carol; Victor M.; Andriy M.; Louise M.; Rylan; Irene S.; Inis; Jeanne and Ron B.; Halya O.; Hania D.; Paul S.; Evelyn W.; Audrey W.; Rose P.; Irene W.; All those working in essential services during this time of pandemic;

**Those who are ill (Хворих):** Paul L.; Sophie D; За зцілення всіх наших членів що в немочах лежать. All who are ill with Covid 19.

**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.**



### SUNDAY OF THE MYRRHBEARERS

**She longed for Christ, though she thought He had been taken away**

From a homily on the Gospels by Saint Gregory the Great, Bishop of Rome (540-604)

When Mary Magdalene came to the tomb and did not find the Lord's body, she believed someone had taken it away and so informed the disciples. After they came and saw the tomb, they too believed what Mary had told them. The Gospel says

about them: "The disciples went back home," and it adds: "but Mary wept and remained standing outside the tomb."

What has to be considered in these events is the intensity of love that burned in the heart of that woman for Jesus Christ; for though the disciples had left the tomb, she remained and would not leave it. She was still seeking the One she had not found, seeking Him in tears and, lit in the fire of her love, she longed for Him who she thought had been taken away. For this reason she was the only one to see Him. For she had stayed behind seeking Him, as what strengthens good works is one's perseverance in them, just as the voice of He who is the Truth, personified, tells us: "Whoever perseveres to the end will be saved."

At first she searched for Him, without finding Him; she persevered in her search, and it was in this way that she found Him. With the delay her desire grew stronger, and this increased desire gave her the courage to find what she was seeking. Holy desires, in effect, increase with delay. If the delay cools them down, then it's either because they are not really true holy desires. Anyone who is capable to arrive at the truth is so able to do so because he or she has felt the strength of that love. That's why David says: "My soul has thirst for God, for the living God. When shall I enter to see the face of God?" Identical sentiments are expressed by the Church when it says, in the Songs of Songs: "I faint from love" and also: "My soul melts with love."

"Woman, why are you weeping? Whom do you seek?" She is asked about the cause of her pain with the end that her desire be increased since, by reminding her Whom she is seeking, her love is kindled all the more ardently.

Jesus says to her: "Mary." Jesus is not recognized when He calls her "woman"; so He calls her by name, as though He were saying: Recognize the One who recognizes you; I know you, not in a generic manner, like others, but instead in a special way." Mary, feeling herself being called by her name, recognizes the One who has pronounced it, and, at that moment, calls Him "Rabboni", that is to say, "Teacher," because the One whom she sought outwardly was the One who inwardly instructed her so that she seek Him.

+++++



Please remember that our parish and many charitable organisations rely solely on donations. Since gatherings have been banned these donations have declined considerably.

If you are able to provide financial support to our parish at this time, we humbly ask that you consider one of the following ways you can give:

1. Mail a cheque to 1175 Main St., Winnipeg, MB R2W 3S4
2. Via Canada Helps - one time and

monthly donation options are available and tax receipts will be issued:

<https://www.canadahelps.org/.../ukrainian-orthodox-metropoli.../>

3. Via e-transfer to "Holy Trinity Ukr Orthodox Cathedral" using the email: "treasurer@htuomc.org". Please share the password via email and provide your address if you are not a member or are a new donor.



## SELF-CARE DURING QUARANTINE OR SELF-ISOLATION

Being quarantined (or deciding to stay at home in self-isolation) for a lengthy period of time during an infectious disease outbreak is unavoidably stressful.

Anything you can do to reduce your sense of isolation, uncertainty, and boredom and provide some structure and routine to your days will help—both during your time isolated and afterwards.

This resource gives you tips on things you can do to stay resilient and manage stress and anxiety during this time.

### STAYING HEALTHY AND RESILIENT

What can you do to help yourself cope with the stress during this “wait and watch” period? In general, the more you feel safe and in-control, the better you will cope.

#### 1. Prepare

- **Prepare for several weeks at home on a practical level.** Stock up on necessary food, medication, disinfectant, tissues, toilet paper, etc. You may also want to buy some new books and/or board games.

#### 2. Remember

- **You have coped with difficult situations in the past.** You will be able to cope with this one, too.
- **This is temporary.** The quarantine will end and life will resume its normal pace in time.

#### 3. Do These Things

- **Connect with people you love.** You may not be able to see them physically, but you will likely be able to reach them by email, phone, or using video calling or voice messaging. Be proactive about reaching out to others to ask how they're doing or catch up with them. This is especially important if you live alone.
- **Create a routine and structure for your days.** Keep up a normal daily routine as much as possible. Decide how much time (if any) you're going to allocate to work, and when. Identify other things you want to do during your days, too, and list these out. Create a daily to-do list for yourself (and have family members, including children, create one, too.) Put some “productive” tasks on this list (such as work or cleaning the garage) and some “fun” tasks on there (such as spending extra time reading books or playing board games with the kids). Accomplishing the things on your list will give you a sense of structure, achievement, and control.
- **Get some regular exercise.** If you have exercise equipment in your home, use it. You can also access Pilates, yoga and workout routines online that are geared for all fitness levels and don't need any equipment. Put some form of exercise on your to-do list every day.

- **Do things around the house that you never seem to get around to.** Identify projects around the house you've been meaning to do. Now's the time to finally organize your sheets and towels, or the garage. Write all these projects down and start putting them on your daily to-do lists.
- **Do something for fun you normally don't make time for.** What is something you enjoy doing but normally don't make time for? Read a new book, watch a new TV series, play board games, etc. Put something enjoyable and fun on your to-do list every day.
- **Plan some time out from each other.** Make sure everyone gets the opportunity to spend some time alone (or, if you're home with young children, in smaller family groups.)
- **Get fresh air.** If you are fortunate enough to have a backyard, a deck, a balcony, or safe access to the outside world, use it. Spending time in nature is important to wellbeing, however, please continue to follow local health guidelines and advisories as it relates to distancing yourself from others in outdoor settings.
- **Take stock of any necessary items you may run out of.** Particularly if you did not have long to prepare, you may run short on something you need (such as medication). Early during your time at home, review your supplies, make a note of anything you need, and make a plan to obtain that if possible.
- **Don't spend too much time watching the news or on social media.** News reports emphasizing the rapid spread of the outbreak and the lack of effective treatment will simply fuel anxiety and make you feel helpless. Spending too much time on social media can have a similar effect. Stick to 2-3 trusted sources of information about the outbreak.
- **Reach out for support.** Contact your organization's staff care program, your doctor, or other support professionals for support and advice.

Content courtesy of  
The KonTerra Group



### INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES

Tel: 410.243.9820 • Toll Free: 877.803.4622 • E-mail: relief@ioccc.org • Website: ioccc.org  /iocccrelief

*“The Lord gives his people strength. The Lord blesses them with peace.” Psalm 29:11*

*“Господь подасть силу народу Своему, Господь поблагословит миром народ Свій!”  
Псалми 29:11*