

**Катедральна
Лампада
12-ого грудня
2021**



**Cathedral
Lantern
December 12th
2021**

**СЛАВА ІСУСУ ХРИСТУ! СЛАВА НА ВІКИ!
GLORY BE TO JESUS CHRIST! GLORY FOREVER!**

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

1175 Main Street, Winnipeg, MB R2W 3S4
Office: 204 582-8946 | Auditorium: 204 582-7345

**ПРЕОСВЯЩЕННИШИЙ ІЛАРІОН, ЄПИСКОП ЕДМОНТОНСЬКИЙ Й ЗАХІДНОЇ
ЄПАРХІЇ**

**МІСЦЕБЛЮСТИТЕЛЬ МИТРОПОЛИЧОЇ КАФЕДРИ УПЦК
His Grace Ilarion, Bishop of Edmonton & the Western Eparchy
Locum Tenens of the Metropolitan Cathedral of the UOCC**

Eparchial Residence: 1(780) 455-1938 email: ilarion_of_edmonton@yahoo.com

Parish Priest: Fr. Gene Maximiuk
cell: 204 880-0358 | molze@mymts.net

Parish President: Keith Swinton
Cell: 204 930-7276 | swintok@hotmail.com

Email: office@htuomc.org | Website: htuomc.org | Facebook: [@HTUOMC](https://www.facebook.com/HTUOMC)
Instagram: [holytrinitywpg](https://www.instagram.com/holytrinitywpg) | YouTube: [Holy Trinity Ukrainian Orthodox Cathedral](https://www.youtube.com/HolyTrinityUkrainianOrthodoxCathedral)

SPIRITUAL FRAGRANCE

This is a traditional time where Orthodox Faithful make it a point to come to confession over the next 40 days and receive the Precious Body and Blood of our Lord. I encourage our faithful to make plans to come to Confession some time during this Nativity Lent.

As part of our preparations for Holy Confession, take time during that week to reflect upon your sins and what you wish to confess to the Lord. Please remember to fast from midnight until you receive Holy Communion (for health reasons you may take your pills with water or a bit of food as needed), spend the evening before in quiet contemplation and prayer. The white pew book has prayers that should be read before coming to Holy Communion. Try to read as many of those prayers as you can, either at home or when you come to church. Also, there are prayers in the pew book that should be read after receiving Holy Communion. Do your best to read some or all of those prayers.

I had the blessing of talking to someone the other day and we got on the topic of Christmas charity. They said they did not do a lot of charity giving throughout the year, but at Christmas time they felt the calling to do something to help out those

who maybe would not have a positive Christmas experience. They wanted to give them a 'little bit of Christmas Spirit'. What they did was a humble act but it a very kind and caring act. This couple would go to a fast food restaurant a couple of times during the Christmas season and purchase a 20-25 burgers and then drive around and if they saw a person huddled in a bus shelter or something, they would stop and give them a smile, a Christmas wish and a burger. I was touched by this story and share it with us to inspire us. We don't have to do much, but we have to do something so show that we care for each other. We are all brothers and sisters in Christ. May the Lord bless your Lenten Journey. Fr. Gene



Do You Like People?

Pretty much every Sunday since we re-opened, we have had one or two drop-in visitors with us at every liturgy. Sometimes these are visitors from one of our other Ukrainian Orthodox parishes in Winnipeg, sometimes they are Orthodox visitors to our city, but many times they have been complete strangers to our parish and our Orthodox tradition. In a couple of cases, their visit to Holy Trinity was the very first time they had ever stepped foot in a religious building.

You can imagine what it must be like to attend an Orthodox liturgy served partly in a language you do not understand, never having set foot in a church before. Pretty overwhelming and a little confusing! And if you are left on your own to figure it out yourself, the chances of you returning are pretty slim.

For that reason, we are looking for volunteers, people who would be prepared to be a liturgy-buddy for visitors to Holy Trinity. Someone who could help newcomers by sitting with them during the liturgy, point out in the service book what page we are on, or hand the person a couple of the very helpful brochures we have at the back of the church, introduce him or her to Fr. Gene at the end of liturgy, and answer any questions the person might have. You don't have to be a theologian or some expert in the liturgy, but simply a welcoming smile and a friendly face.

Please contact Fr. Gene or Keith Swinton if you think this is something you would like to try out.

Prayer Intentions

Those in need (Потреби): Lawrence; Jeanne and Ron B.; Paul L.; Rose P.; Fr. Oleh & Dobr. Maria; Leda B.; Mary Ann K.; Derek S.; Andrea; Nadia; Yulia; Jen; Those working in leadership, health care, research, and essential services during this time of pandemic.

Those who are ill (Хворих): Linda B.; Victor L.; Olena G; Domnikia; Volodymyr; Havraiel; Tamara H.; Всіх наших членів що в немочах лежать. All who are ill with Covid-19 or are who are struggling with health issues.

Fallen Asleep in the Lord:

You may request that Fr. Gene add the names of anyone you would like mentioned in the prayers during these services by contacting him directly (see page 1 for contact information) or completing the prayer request form on our website: <https://htuomc.org/prayerrequests>

Birthdays and Anniversaries are acknowledged at the end of each month.

TAKE THE KIDS TO CHURCH

George Strickland, Ph. D., *DirectionsToOrthodoxy.org*

Based on new studies conducted by Baylor University, children from more religious families and from families with higher rates of religious attendance are better behaved and more well adjusted at home and at school. Better educated people generally had parents who attended church services twice or more a month. Among people with graduate level educations, two-thirds had mothers who were from frequent church attendees, compared to just under half of people with only a high school education. The difference is just as significant when looking at the frequency of church attendance by both parents and even larger when looking at fathers' attendance. This evidence is highly correlated with other studies that show church attendance during adolescence helps reduce a number of the damaging long-term risk factors of disadvantaged children and leads to better education success overall.

There are a number of reasons why parents' religious attendance might improve children's educational and developmental outcomes. First, children may be more likely to learn wholesome values and moral commitment if they go to church. Second, a parish can provide an important sense of community that can help develop commitment to voluntarism, social responsibility and a sense of self-worth. Third, having children who attend church together can help as-sure that a child grows up in an intact family. The Baylor studies show:

- The average person is 50 percent less likely to be divorced or separated if he or she attends religious services at least twice a month.
- The divorce rate among those who never attend worship is close to double that of weekly church goers.

If parents go to church—especially if they go together—children are likely to grow up in intact families. Having an intact family has numerous benefits, both financial and social-psychological: higher household income, better health care, more involvement by parents, result in children who are less

20



likely to smoke, less likely to have sex early, and more likely to be happy. Any of these benefits could explain why children are more likely to get a good education when their parents attend church often.

Since the parents church attendance is highly correlated with educational outcomes, the Baylor studies indicate some fascinating observations. Among people with children, the more educated their occupational classification, the higher level of church attendance. But among the childless, things go in the opposite direction—the less educated is slightly more likely to attend church at least twice a month. What is really fascinating is that people in high and mid-range education dramatically increase their church attendance when they have children—while those in the less educated occupations do not.

The connection between family and church is quite strong. Despite the perennially announced decline in the church's importance—its announcement being greeted with cheers among the "cultured despisers of religion"—the church remains vital and intact. Often overlooked in various studies are the ways in which the values expressed by the church infiltrate and influence countless lives for the better. When parents go to church and take their children, the kids get more education, and have more satisfying and happy lives.



21

PROPERS

12. DECEMBER. 2021. 25-th. SUNDAY AFTER PENTECOST. TONE – 8.

Nativity (St. Philip's) Fast. Fish, wine and oil allowed.

Martyr Paramon and 370 Martyrs in Bithynia (250)

Martyr Philumenus of Ancyra (ca. 274)

Ven. Acacius of Mt. Latros, who is mentioned in The Ladder (6th c.)

Ven. Nectarius the Obedient of the Kyivan Caves (the Near Caves) (12th c.)

Ven. Pitirim of Egypt (4th C.), disciple of Ven. Anthony the Great.

TROPAR OF SUNDAY IN TONE-8.

You descended from on high, O Merciful One. You accepted the three-day burial to free us from our passions. Our life and resurrection; O Lord, Glory to You.

GLORY to the Father and to the Son and to the Holy Spirit.

NOW and forever and to the ages of ages. Amen.

KONDAK OF SUNDAY IN TONE-8.

Having risen from the tomb, You raised the dead and resurrected Adam. Eve rejoices in Your resurrection and the ends of the earth celebrate Your rising from the dead, O Greatly Merciful One.

PROKEIMEN:

PRIEST : “ Let us be attentive – Peace be with you all.”

CHOIR : “ And to your spirit.”

PRIEST : “ Wisdom.”

READER : “ **PROKIMEN IN TONE - 8.** Pray and give glory to the Lord our God.”

CHOIR : “Pray and give glory to the Lord our God.”

READER : “In Judah God is known; His Name is great in Israel.”

CHOIR : “Pray and give glory to the Lord our God.”

READER : “Pray and give glory.”

CHOIR : “To the Lord our God.”

THE EPISTLE:

PRIEST : “ Wisdom.”

READER : “ **Announces Epistle**”

PRIEST : “ Let us be attentive.”

READER : “ **Reads Epistle**”

EPISTLE:

Ephesians 4: 1 - 6 Reading 224.

Brethren, 1, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, 2 with all lowliness and gentleness, with longsuffering, bearing with one another in love, 3 endeavoring to keep the unity of the Spirit in the bond of peace. 4 There is one body and one Spirit, just as you were called in one hope of your calling; 5 one Lord, one faith, one baptism; 6 one God and Father of all, who is above all, and through all, and in you all.

ALLELUARIA:

PRIEST : “ Peace be unto you reader.”

READER : “ And to your spirit.”

PRIEST : “ Wisdom.”

READER : “ **ALLELUIA IN TONE - 8.** Alleluia.”

CHOIR : “ Alleluia, Alleluia, Alleluia.”

READER : “Come let us rejoice in the Lord. Let us shout with joy to God our Saviour. Alleluia.”

CHOIR : “ Alleluia, Alleluia, Alleluia.”

READER : “Let us come before His face with thanksgiving, and with psalms let us shout with joy to Him. Alleluia.”

CHOIR : “ **Alleluia, Alleluia, Alleluia.**” (repeat till censuring is done)

GOSPEL:

Luke 13: 10-17 Reading 71

10 Now He was teaching in one of the synagogues on the Sabbath. 11 And behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way raise herself up. 12 But when Jesus saw her, He called her to Him and said to her, “Woman, you are loosed from your infirmity.” 13 And He laid His hands on her, and immediately she was made straight, and glorified God. 14 But the ruler of the synagogue answered with indignation, because Jesus had healed on the Sabbath; and he said to the crowd, “There are six days on which men ought to work; therefore come and be healed on them, and not on the Sabbath day.” 15 The Lord then answered him and said, “Hypocrite! Does not each one of you on the Sabbath loose his ox or donkey from the stall, and lead it away to water it? 16 So ought not this woman, being a daughter of Abraham, whom Satan has bound—think of it— for eighteen years,

be loosed from this bond on the Sabbath?" 17 And when He said these things, all His adversaries were put to shame; and all the multitude rejoiced for all the glorious things that were done by Him.

COMMUNION VERSE:

“ Praise the Lord from the heavens, praise Him in the highest. Alleluia”

12, ГРУДЕНЬ, 2021. 25-та. НЕДІЛЯ ПО П'ЯТИДЕСЯТНИЦІ. ГОЛОС 8-ий.

Різдвяний Піст (Пилипівка). Дозволяються риба, вино і олія.

Мч. Парамона і з ним 370 мчч. (250).

Мч. Філумена Анкірського та зним мучч. Валеріяна і Фаедрус (близько 274).

Прп. Акакія Синайського (VI).

Прп. Нектарія Печерського, в Ближніх печерах (XII).

Прпмч. Петерім Єгиптян (IV) ученика прп. Антонія Великого.

ТРОПАР НЕДІЛНИЙ НА ГОЛОС 8-ий.

З висоти зійшов еси, Благоутробний, /погребення прийняв триденне, /щоб нас визволити від пристрастей. /Життя і воскресіння наше,/ Господи, слава Тобі.

СЛАВА Отцю і Сину і Святому Духові.

І НИНІ і повсякчас і на віки вічні, Амінь.

КОНДАК НЕДІЛНИЙ НА ГОЛОС 8-ий.

Воскресши з гробу, померлих підняв: Адама воскресив яси, і Єва радується Твоєму воскресенню, і кінці світу святкують Твоє воскресіння з мертвих, многомилостивий.

ПРОКІМЕН

СВЯЩ. : “ Будьмо уважні – мир усім.”

ХОР. : “ І Духові Твойому.”

СВЯЩ. : “ Премудрість.”

ЧИТ. : “ **ПРОКІМЕН НА ГОЛОС 8-ий.** Помоліться і хвалу віддайте Господеві Богу нашому.”

ХОР : “Помоліться і хвалу віддайте Господеві Богу нашому.”

ЧИТ. : (СТИХ) “Відомий Бог в Юдеї, в Ізраїлі велике Імя Його.”

ХОР : “Помоліться і хвалу віддайте Господеві Богу нашому.”

ЧИТ. : “Помоліться і хвалу віддайте.”

ХОР. : “Господеві Богу нашому.”

АПОСТОЛ.

СВЯЩ. : “Премудрість.”

ЧИТ. : “ **Виголошує Апостола.**”

СВЯЩ. : “ Будьмо уважні.”

ЧИТ. : “ **Читає Апостол.**”

До Ефесян

Зачало 224

Еф. 4: 1-6

Браття, Отож, благаю вас я, в'язень у Господі, щоб ви поводитися гідно покликання, що до нього покликано вас, 2 зо всякою покорою та лагідністю, з довготерпінням, у любові терплячи один одного, 3 пильнуючи зберігати єдність духа в союзі миру. 4 Одне тіло, один дух, як і були ви покликані в одній надії вашого покликання. 5 Один Господь, одна віра, одне хрищення, 6 один Бог і Отець усіх, що Він над усіма, і через усіх, і в усіх.

АЛИЛУАРИЯ

СВЯЩ. : “ Мир тобі читачу.”

ЧИТ. : “ І духові твому.”

СВЯЩ. : “ Премудрість.”

ЧИТ. : “ **АЛИЛУЯ НА ГОЛОС 8-ий.** Алилуя.”

ХОР. : “ Алилуя, Алилуя, Алилуя.”

ЧИТ. : “ Прийдіть, заспіваймо Господеві, викликуємо Богові, Спасителеві нашому. Алилуя.”

ХОР. : “ Алилуя, Алилуя, Алилуя.”

ЧИТ. : “ Ходімо перед лицем Його з хвалою, і в псальмах викликуємо Йому.” Алилуя.”

ХОР. : “ **Алилуя, Алилуя, Алилуя.**” (повтори доки скінчиться кадіння)

ЄВАНГЕЛІЄ.

Від Луки. Зачало 71. Лк. 13: 10 – 17.

10 І навчав Він в одній з синагог у суботу. 11 І ось там була одна жінка, що вісімнадцять років мала духа немочі, і була скорчена, і не могла ніяк випростатись. 12 А Ісус, як побачив її, то покликав до Себе. І сказав їй: Жінко, звільнена ти від недуги своєї. 13 І Він руки на неї поклав, і вона зараз випросталась, і стала славити Бога! 14 Озвався ж старший синагоги, обурений, що Ісус уздоровив у суботу, і сказав до народу: Є шість день, коли працювати належить, приходьте тоді та вздоровлюйтеся, а не дня суботнього. 15 А Господь відповів і промовив до нього: Лицеміре, хіба ж не відв'язує кожен із вас у суботу свого вола чи осла від ясел, і не веде напоїти? 16 Чи ж цю дочку Авраамову, яку сатана був зв'язав вісімнадцять ось років, не належить звільнити її суботнього дня від цих пут? 17 А як Він говорив це, засоромилися всі Його супротивники. І тішився весь народ всіма славними вчинками, які Він чинив!

ПРИЧАСНИЙ.

“ Хваліть Господа з небес, хваліть Його в вишніх. Алилуя.
