

ST. STEPHEN PROTOMARTYR UKRAINIAN CATHOLIC CHURCH

MAY 3RD, 2020

St Stephen
Protomartyr



Address:
4903 – 45th Street S.W.
Calgary, Alberta T3E 3W5 Canada

Office Hours (during outbreak)
Mon-Friday 9:00 am—12:00 pm
Phone enquiries only

Telephone:
403-249-4818, press 0

Pastoral Emergencies:
403-249-4818, press 9

Email:
Office@Protomartyr.ca
Coordinator@Protomartyr.ca

Parish Website:
www.saintstephencalgary.ca

Facebook:
<https://www.facebook.com/protomartyr.ca>

Eparchy Website:
www.edmontoneparchy.com

DIVINE LITURGIES

Sunday Services:
Online at
www.saintstephencalgary.ca

Weekday Services:
Canceled until further notice
Friday at Westview Lodge-
Canceled until further notice

Fourth Sunday after Pascha

Sunday of the Paralytic;

Venerable Theodosius, of the Monastery of the Caves at Kyiv (1074)
Martyrs Timothy and Maura (286-305)

Please note that all Public Services are canceled until further notice.
Consider following the Divine Liturgy online at www.saintstephencalgary.ca

After the priest has exclaimed, Blessed be the Kingdom... and the people have responded, Amen, the clergy sing the Paschal Troparion once and the people repeat it. Then, the clergy sing the first half, and the people conclude it.

Paschal Troparion: Christ is risen from the dead,* trampling death by death,* and to those in the tombs* giving life.

Troparia and Kontakia

Troparion: Let the heavens be glad, let the earth rejoice,* for the Lord has done a mighty deed with His arm.* He trampled death by death. He became the first-born of the dead;* He saved us from the abyss of Hades* and granted great mercy to the world.

Troparion: Raised in virtue, O father Theodosius,* from childhood you loved the monastic life* and attained your desire courageously.* You lived in a cave adorning your life with fasting and radiance* and abided in prayer like the bodiless powers.* You shone like a beacon in the land of Rus'.* Entreat Christ God to save our souls.

Kontakion: Today we revere the star of Rus', blessed Theodosius,* who shone from the east and came to the west;* for he enriched this whole land and all of us* with gentleness and miraculous wonders* by the practice and the grace of the monastic rule.

Glory be to the Father, and to the Son, and to the Holy Spirit.

Kontakion: Lord, as of old You raised the Paralytic,* lift my soul by Your divine presence,* for by many sins and foolish actions,* I, too, am now afflicted and crippled.* Raise me, that being saved I may cry to You:* Glory to Your power, O merciful Christ.

Now and for ever and ever. Amen.

Kontakion: Though You descended into a tomb, O

Immortal One,* yet You destroyed the power of Hades;* and You rose as victor, O Christ God,* calling to the myrrh-bearing women: Rejoice!* and giving peace to Your Apostles.* You, who grant Resurrection to the fallen.

Prokeimenon: Let Your mercy, O Lord, be upon us,* as we have hoped in You. verse: Rejoice in the Lord, O you just;* praise befits the righteous.

Prokeimenon: Precious in the sight of the Lord is the death of His venerable ones.

Epistle: A reading from the Acts of the Apostles.

In those days, as Peter went here and there among all the believers, he came down also to the saints living in Lydda. There he found a man named Aeneas, who had been bedridden for eight years, for he was paralyzed. Peter said to him, "Aeneas, Jesus Christ heals you; get up and make your bed!" And immediately he got up. And all the residents of Lydda and Sharon saw him and turned to the Lord.

Now in Joppa there was a disciple whose name was Tabitha, which in Greek is Dorcas. She was devoted to good works and acts of charity. At that time she became ill and died. When they had washed her, they laid her in a room upstairs. Since Lydda was near Joppa, the disciples, who heard that Peter was there, sent two men to him with the request, "Please come to us without delay." So Peter got up and went with them; and when he arrived, they took him to the room upstairs. All the widows stood beside him, weeping and showing tunics and other clothing that Dorcas had made while she was with them. Peter put all of them outside, and then he knelt down and prayed. He turned to the body and said, "Tabitha, get up." Then she opened her eyes, and seeing Peter, she sat up. He gave her his hand and helped her up. Then calling the saints and widows, he showed her to be alive. This became known throughout Joppa, and many believed in the Lord. (Acts 9:32-42)



HOLY MYSTERIES

CONFESSION:

By Appointment
403-249-4818, ext. 2

MARRIAGE, BAPTISM-CHRISMATION- EUCHARIST, FUNERALS :

Arrangements with the Pastor
403-249-4818, ext. 2

ANOIDING OF THE SICK:

For emergencies call
403-249-4818, ext. 9

DIVINE LITURGY INTENTIONS :

Arrangements with the office

CLERGY & RELIGIOUS

Pastor :

Fr. Greg Faryna
Office:403-249-4818, ext. 2
Cell: 403-700-0882
FatherGreg@Protomartyr.ca

Pastor, St. Basil's Melkite Greek Catholic Church

403-249-4818, ext. 3
stbasilmelkitecalgary@gmail.com
Facebook: St Basils Melkite Greek
Catholic Church Calgary

PARISH OFFICE

Office Administrator: Linda Buck
403-249-4818, ext. 0
office@Protomartyr.ca

Sacramental Coordinator:
coordinator@Protomartyr.ca

HALL RENTAL INQUIRIES & MAINTENANCE

John Kowal
403-249-4818, ext. 4
Cell:403-880-0577
maintenance@Protomartyr.ca

HALL & KITCHEN

403-249-4818, ext. 6

Alleluia: Of Your mercies, O Lord, I will sing forever;* with my mouth I will proclaim Your truth from generation to generation.
verse: For You have said,* "Mercy will be established forever."

Gospel: John 5:1-15

At that time, Jesus went up to Jerusalem. Now in Jerusalem by the Sheep Gate there is a pool, called in Hebrew Beth-zatha, which has five porticoes. In these lay many invalids—blind, lame, and paralyzed. One man was there who had been ill for thirty-eight years. When Jesus saw him lying there and knew that he had been there a long time, he said to him, "Do you want to be made well?" The sick man answered him, "Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me." Jesus said to him, "Stand up, take your mat and walk." At once the man was made well, and he took up his mat and began to walk.

Now that day was a sabbath. So the Jews said to the man who had been cured, "It is the sabbath; it is not lawful for you to carry your mat." But he answered them, "The man who made me well said to me, 'Take up your mat and walk.'" They asked him, "Who is the man who said to you, 'Take it up and walk'?" Now the man who had been healed did not know who it was, for Jesus had disappeared in the crowd that was there. Later Jesus found him in the temple and said to him, "See, you have been made well! Do not sin

any more, so that nothing worse happens to you." The man went away and told the Jews that it was Jesus who had made him well.

Hymn to the Mother of God: The Angel cried out to the One full of Grace: O chaste Virgin, rejoice! And again I say, Rejoice! Your Son has risen from the tomb on the third day, and raised the dead. Let all people rejoice! Shine, shine, O new Jerusalem, for the glory of the Lord has risen upon you! Exult now and be glad, O Sion! And you, O chaste Mother of God, take delight in the resurrection of your Son.

Communion verse: Receive the Body of Christ;* taste the fountain of immortality.*

Second verse: Praise the Lord from the heavens;* praise Him in the highest.* Alleluia (x3)

Instead of "Blessed is He Who comes..." we sing: Christ is risen from the dead,* trampling death by death,* and to those in the tombs* giving life.

Instead of "We have seen the true light..." we sing: Christ is risen from the dead,* trampling death by death,* and to those in the tombs* giving life.

Instead of "May our mouths be filled...": Christ is risen from the dead,* trampling death by death,* and to those in the tombs* giving life. (x3)

Instead of "Blessed be the name of the Lord...": Christ is risen from the dead,* trampling death by death,* and to those in the tombs* giving life. (x3)



Prayer of Spiritual Communion

My Jesus,
I believe that You are present in these Holy Gifts!
I love You above all things
and I desire to receive You into my soul.
Since I cannot receive You now,
I place before You my whole life and hope, O loving Master;
and I ask, pray, and entreat You:
Make me worthy to partake in a mystical way and with a pure conscience
of Your awesome and heavenly Mysteries:
for forgiveness of sins, for the pardon of offenses,
for communion of the Holy Spirit,
for the inheritance of the kingdom of heaven,
for confidence before You,
and not for judgment or condemnation.
I embrace You as You enter and abide in me,
and I unite myself completely to You.
Permeate my soul and body,
and never permit me to be separated from You.
Amen.

Bishop David included this prayer for the faithful.

It is meant to be prayed while watching the Divine Liturgy when distribution of the Eucharist is taking place.

Please
bear
aware



CONSECRATION OF CANADA TO THE BLESSED VIRGIN MARY, MOTHER OF THE CHURCH, IN TIME OF PANDEMIC

May 1st, 2020

If the Consecration will take place in the context of the Divine Liturgy – following the ambo prayer and the singing of “blessed be the name of the Lord”, the Priest returns to the ambo and the people sing...

Faithful: Tropar (tone 4)

Let us sinners humbly and diligently have recourse to the Mother of God.* Prostrate in repentance, let us cry out from the depth of our soul: * O Queen, in your compassion, come to our aid! * Hasten, for we are perishing from the multitude of our sins. * Do not turn away your servants empty-handed,* for we have no protection besides you.

Glory be, now and ever. Unworthy as we are, we shall never cease to proclaim your power, O Mother of God.* If you no longer intercede for us, who will deliver us from so many misfortunes?* Who will keep us free?* We shall never leave you, O Queen:* O blessed Lady, you always save your servants from every calamity.

(and continue below..) If the Consecration is done at a Moleben', then, following the Gospel reading (and a homily and/or introduction to the reason for the Consecration), the Priest goes before the principal Marian icon in the church and prays...

Priest: Let us pray to the Lord.

Faithful: Lord, have mercy.

PRAYER OF CONSECRATION

The Priest declares the following prayer.

Most Blessed Virgin Mary, **Mother of the Church**, in this time of pandemic, we turn our gaze to you, and in Christ consecrate to you *the faithful of our Archeparchy, together with all the people of Canada.*

At the Annunciation, fear gave way to trust as you embraced the mysterious and loving plan of God, who through his providence, care and concern brought about newness of life in you and through you. Intercede, we pray, on our behalf as your children, **Virgin most faithful**. Grant us faith, hope and perseverance, as we strive to serve and bear witness to all persons, responding to the needs of those affected by this virus.

Standing at the foot of the Cross at Calvary, you united yourself with the sufferings of Christ and so uniquely contributed to the mystery of our redemption. We beseech you as **Health of the sick**, draw to yourself in maternal compassion the brothers and sisters of your Son Jesus and all those who are grieved by this pandemic. Strengthen the dying and comfort those who weep so that all may experience the healing grace of Christ our Divine Physician.

At the Cenacle, after the Resurrection, you accompanied the Apostles with prayer for the outpouring of the Holy Spirit. In your maternal care as **Consoler of the afflicted**, accompany healthcare professionals, all who minister to the sick and those who seek a cure to end this pandemic, that the Holy Spirit may renew the face of the earth.

To all of us, dearest Mary, **Mother of all the living**, be present and show forth your tenderness, as we raise our eyes to you who shines forth before the entire community as a merciful and compassionate companion on our journey. Time and time again, with burdens weighing heavily on their hearts and in their many necessities, the Christian faithful have sought refuge under your mantle of protection.

Come quickly to our aid at this time, **Mother of Mercy**, and deliver us from the dangers that surround us in our hour of need; watch over especially the elderly, the weak and the infirm, our children and the unity of our families, and all those who give of themselves selflessly in pastoral care to those in need until in your arms and in your gentle embrace we all find safety and solace.



Faithful: Amen

Priest: United as one Body in Christ, let us direct our prayer to our All-loving God, who wants us to honour Mary our Mother; with you, Most Pure Virgin, we too, praise the Lord's mighty deeds as he continues to lift up the lowly, remembering his promise of mercy:

Faithful: O Most Holy Mother of God, Save us.

Blessed Virgin Mary, Mother of the Church, who experienced the cares and hardships of earthly life, the weariness of daily toil, the trials of poverty and the sorrows of Calvary, come to assist the needs of the Church, the initial budding forth of your Son's Kingdom on earth, and all of humankind.

Faithful: O Most Holy Mother of God, Save us.

Blessed Virgin Mary, Mother of the Church, lend a gracious ear to the devout pleas of those who from across the world implore your goodness for health, safety and peace, especially for our parishes, our domestic churches and all our communities of faith.

Faithful: O Most Holy Mother of God, Save us.

Blessed Virgin Mary, Mother of the Church, obtain the gifts of knowledge and wisdom for government officials and medical professionals that a cure for the virus may be found, and obtain from the Lord courage and benevolence for all who care for the sick, the suffering and the dying.

Faithful: O Most Holy Mother of God, Save us.

Blessed Virgin Mary, Mother of the Church, pray on our behalf and with us to the Lord of life and love, who rules the winds and storms, to calm the tempests in our minds and hearts and grant us consolation, security and peace in our day.

Faithful: O Most Holy Mother of God, Save us.

O Most Holy Theotokos, Mother of the Church and protector of Canada! We gather under your mercy; we implore your help as we place our hope only in you. Welcome us all under your protection. Bless us and preserve us as your chosen community. By your prayer, may we perfectly fulfil Christ's commandments. Be ever at our side O gracious and merciful one who loves all humanity and, at this present time of crisis, be for us a kind intercessor and helper, driving away enemy forces – seen and unseen – and directing us toward salvation. For we have no other help, we have no other hope, except you, most Pure Virgin! Help us, that we will not be put to shame, for we hope in you and you are our boast and we are your servants, now and for ever and ever.

Faithful: Amen.

Priest: The blessing of the Lord be upon you, with his grace and love for mankind, always, now and forever and ever.

Faithful: Amen

Dismissal

Priest: Wisdom.

Faithful: Shine, shine, O New Jerusalem! for the glory of the Lord has risen upon you. Exalt now and be glad, O Sion! And you, O chaste Mother of God, take delight in the resurrection of your Son.

Priest: Glory be to You, Christ God our hope, glory be to You.

Faithful: Christ is risen from the dead, trampling death by death, and to those in the tombs, giving life. Lord, have mercy. (3). Give the blessing.

Priest: May Christ, our true God, Who is risen from the dead trampling death by death, and to those in the tombs, giving life, through the prayers of His most pure Mother, of our venerable and God-bearing Fathers, and of all the Saints, have mercy upon us and save us, for He is good and loves mankind.

Faithful: Amen.



ANNOUNCEMENTS

- ❖ At the Bishop's request the church is to be closed to private prayer until the end of the crisis to eliminate any chance for accidental transmission of the virus.
- ❖ The faithful are encouraged to follow the **celebration of the Sunday Divine Liturgy** through these links:
 - ❖ **Saint Stephen Parish** (Calgary) <http://www.saintstephencalgary.ca> or
St. Stephen's facebook page : <https://www.facebook.com/protomartyr.ca>
 - ❖ **St. Josaphat Cathedral** (Edmonton) <http://www.stjosaphat.ab.ca>
 - ❖ **St. Basil the Great Parish Chapel**, Edmonton <http://www.stbasilchurch.com>
 - ❖ **Livestreaming Liturgical services** : <https://www.royaldoors.net/2020/03/2020-streaming-liturgical-services/>
- ❖ **Liturgical booklets** can be found here. <https://stjosaphat.ab.ca/liturgical-booklets/>
- ❖ **Pastoral Emergencies including the Sacrament of the Sick** please call (403-249-4818, ext 9)
- ❖ **Link to COVID 19 Prevention** (<https://www.saintstephencalgary.ca>)
- ❖ **Link to Bishop David's Response** (<https://bit.ly/3bdQhPP>)
- ❖ Please consider **donating to St. Stephen's** during these unprecedented times :
<https://www.saintstephencalgary.ca/donate.html>
- ❖ **May God bless you with good health, inner peace, wisdom and love!**



St. Stephen Protomartyr Ukrainian Catholic Church Supporting Calgary Pro-Life Association in Virtual 40th Annual Hike for Life

Calgary Pro-Life Association is doing a virtual 40th Annual Hike for Life due to the Covid-19.

Please support St. Stephen's Team by donating through this link.
<https://bit.ly/2VagglQ>



DIVINE LITURGY INTENTIONS

A Divine Liturgy will be celebrated this week for:

** The repose of the souls of the servants of God:

+ Ann Jumaga
+ Fred Durda

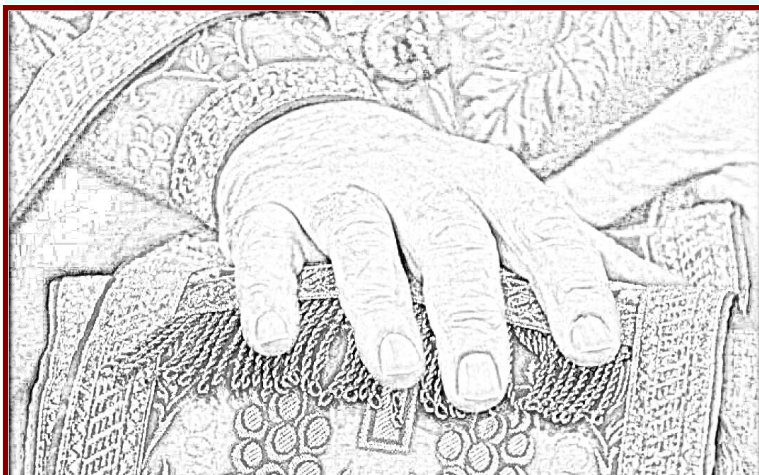
** Blessings and congratulations on the marriages of the servants of God:

◆ Anastasia Babej and Serg Sych
◆ Sharon and Kevin Kuehl

St Stephen's UCWLC Scholarship for \$1000 Guidelines:



1. Eligibility : A daughter or granddaughter of a St Stephen's UCWLC Member who will be attending an undergraduate Post Secondary program. (E.g.) University, College, Apprenticeship, Technical School or Specialized program (Cosmetology, Hair Dresser, Secretarial....)
2. Age of applicant will be 16 to 24.
3. Include a resume
4. Reasons for the choice and location of the Post Secondary School.
5. Include a description of your Parish, Community and School Involvement .
6. Explain your Financial Need to receive this scholarship.
7. Include a reference letter.
8. Submit to one of the UCWLC Scholarship Committee:
dewald_chris@hotmail.com, josiened@shaw.ca , spice4u@shaw.ca
and the three members will review and decide on the best applicant
9. **Deadline is May 15, 2020**



Bishop David, having consulted with the Sacred Orders and Ministries Commission, has blessed the petition of **Deacon Roman Kobyletsky** for priestly orders.

Deacon Roman will receive the **Rite of Priestly Ordination** on Saturday, **May 23**, at 10:00 am, at Saint Josaphat Cathedral. Axios!

Owing to the coronavirus pandemic, the ordination will be closed to the public; however, it will be livestreamed at stjosaphat.ab.ca.

Upon ordination, Deacon Roman will be assigned as Assistant Pastor, Saint Josaphat Cathedral, effective June 1, 2020.

God With Us

✠ ONLINE ✠

New Catechetical Resources for the Domestic Church

CHRIST IS RISEN! In conjunction with our Eastern Catholic bishops of the United States, we are pleased to announce our new catechetical & domestic church resources. These resources are designed to assist our Eastern Catholic faithful to prepare for a full encounter with Christ through our liturgical cycle. We are especially thrilled to welcome our bishops, who will be providing their *Voice of the Shepherd*, offering insights and helping us grow in the faith.

Upcoming events:

<https://godwithusonline.org/upcoming-events/>

Events Library:

<https://godwithusonline.org/event-library/>

Catechetical Resources:

<https://godwithusonline.org/catechetical-resources/>

Spiritual First Aid for a Virtual Community:

Stronger Together While Physically Apart

Josephine Lombardi ©2020

April 21, 2020



I am writing as a concerned Catholic, expressing some thoughts on the current crisis, not intending to be an expert on all things spiritual and emotional. If my thoughts give a little bit of encouragement to someone who is worried, I give thanks to God. The proposed model is not to be used to assess anyone who is in spiritual and/or mental distress. These steps I'm proposing are not meant to replace the sacraments or the need for mental health resources/therapy. If you are experiencing mental distress please contact your physician or the national mental health hotline 1888 429 8167 for mental health emergencies or visit www.mentalhealthcommission.ca. Catholic Family Services, if such an agency is available in your diocese, offers on-line/phone support as well.

Missing the fullness of our Church experience

Many of us are missing the fullness of our Church experience: attending mass and receiving sacraments, praying with others and sharing our faith experience when we gather and worship in community.

So many of us have experienced an emotional roller coaster during these last five weeks, feeling hopeful one day, discouraged the next. I pray some of you might benefit from these proposed steps on ***Spiritual First Aid***. A simple on-line definition of first aid tells us that first aid is the "help given to a sick or injured person until full medication treatment is available." Let's apply this to our current situation: I'm defining ***Spiritual First Aid as the help given to a discouraged person until the fullness of our Church experience returns, including the reception of the sacraments, daily and Sunday worship.*** If a participant finds these steps helpful, they can continue to use them along with other spiritual resources available to us.

Let's get started...

I'm proposing we use **VICTORY** as our acronym for ***Spiritual First Aid***, using this together with other spiritual and therapeutic aids might help us build endurance and resilience during this difficult time. There are seven actions. You may wish to study one step per day or as many as needed.

FIRST ACTION:

Vent: It might be helpful to share your fears, worries, anxieties or concerns with a trusted loved one, spouse, therapist, spiritual director, pastor or friend. Name what you are feeling and include God in the conversation:

"I feel distressed.

I am worried about my kids who have lost their jobs.

I am worried about people who are sick and suffering.

I am worried about my elective surgery that has been postponed.

I am concerned about shut-ins and seniors who are in long term care facilities or other retirement residences.

I am worried about the future.

I fear for health care workers.

I am afraid I will get sick.

Will there be jobs after the pandemic slows down?

Will I lose my small or large business?

I'm angry about the current crisis.

I am worried about people who are feeling isolated and alone.

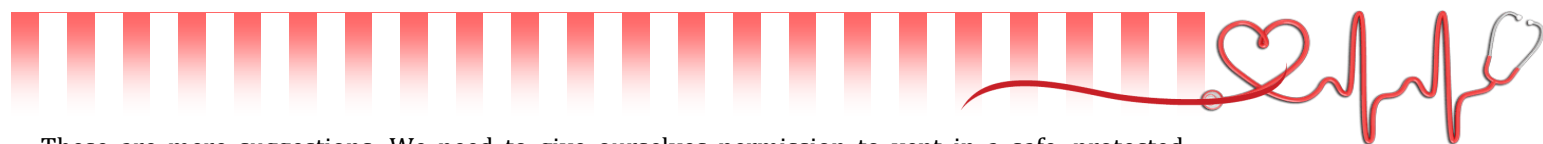
I miss family dinners and hugs.

I'm feeling lonely.

What if a loved one dies during this time?

Will we be able to worship together at mass

Will I ever go back to school?"



These are mere suggestions. We need to give ourselves permission to vent in a safe, protected environment, using self-control and reason to regulate our expression of emotion. This means being prudent when it comes to self-expression, meaning an on line forum might not be the best platform for the expression of personal thoughts and feelings. The fruit of such activity might be more fear, anxiety and division. We don't want that! We want the outcome to be the fruits of the Holy Spirit, not more anxiety, possibly leading to combative conversations. Remember, fear and anxiety are not fruits of the Holy Spirit—honest! Check out Galatians chapter 5:22-26. Although some of these emotions can lead to more distress, the expression of righteous anger can help us to express our concerns.

St. Paul says, “Be angry but do not sin,” (Eph. 4:26).

Dr. Gabor Maté has researched the benefits of expressing our feelings in a healthy, safe context. It is okay to be angry as long as your expression of anger is not hurting anyone, including yourself. It might be helpful to keep this in mind when it comes to your loved ones. Allow your friends and family the time to vent as needed. When reaching out to loved ones don't be afraid to ask, “How are you feeling?” After they express their thoughts, you can express empathy by repeating back what you have heard, “I'm sorry to hear you are feeling isolated, afraid, and alone. I'm here for you, listening and praying for you.” So in a nutshell, vent, but do not sin!

SECOND ACTION

Investigate your thoughts and examine your fears. The correction of perception is an important part of the spiritual journey. The most repeated advice in scripture is “Do not be afraid.” In the New Testament, Mary hears these words from the Angel Gabriel at the annunciation. St. Joseph hears these words, encouraging him to stand with Mary and support her. The shepherds, representing the most humble among us, hear these words along with the two apostles at the transfiguration. The Hebrew Scriptures contain the same advice: “He will never leave you nor forsake you. Do not be afraid; do not be discouraged,” (Deuteronomy 31:3; 20:1). There is a deep connection between the power of the Holy Spirit and the ability to overcome fear. St. John the Baptist had courage, a gift of the Holy Spirit, because he was filled with the power of the Holy Spirit. Mary did not fear because she was “full of grace”, full of God's strengthening power. We cannot have courage without this gift of power, without the power of love, the power of reason, and the power of truth. Saint John Paul II was intimately aware of this power when he encouraged his fellow Poles to not be afraid, words of advice that often come before the start of a great mission or a shift in personal journeys.

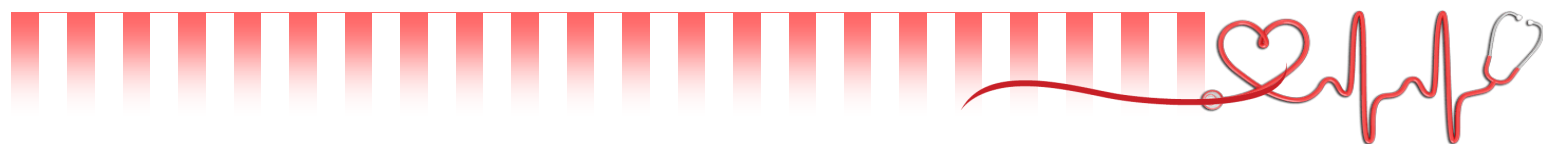
Sometimes fear keeps us from being rational and perceiving correctly. When you find yourself being afraid, worried, or anxious, ask yourself, “How do I know what I am feeling is true?” You might want to consider asking yourself this question if you find yourself saying things like, “This situation will never end. There is no hope for our future.” St. Augustine taught, (my paraphrase) “where love increases, fear decreases.” Similarly, 1 John 4:18 reminds us “perfect love casts out fear.”

Whenever you feel afraid, try to discipline your thoughts and focus on love or expressing love to someone in need. Perceived fears can make us irrational and paralyze our ability to think clearly. Pray for the grace to stay in the present moment, disciplining your thoughts as they start to distract you with worry. There is so much information being circulated and fact checking can help us stay anchored in the truth. Our ability to reason and to love can help us cast out fear. St. Paul used Roman imagery to communicate the mysteries of our faith. He was a Roman citizen and appealed to his heritage from time to time to express spiritual insights. When writing about the theological virtues, faith, hope and charity, he encourages us to think about faith and charity as a breastplate for the heart and hope as a helmet for the mind. He calls hope the helmet of salvation. Salvation can be defined as divine health, the restoration of the image and likeness of God in the person. The word *salus* in Latin means both health and salvation. God wants us to be well, for our minds to be well. Put on your armor before you investigate your thinking. St. Paul says, “Put on the mind of Christ,” (Philippians 2:5-8). Pray for the gift of thinking thoughts inspired by the Holy Spirit, God's truth. Jesus taught us not to worry. It is a key teaching in his sermon on the mount. **Worry cannot change anything, but prayer can.**

THIRD ACTION

Christ-centred connection: God is love and Jesus is God incarnate, meaning he is love incarnate. He is perfect love, fully human and divine, revealing himself to us wherever there is love. We are in the season of Easter, a season of hope, celebrating the light conquering the darkness, where all pain is vindicated and our sorrow redeemed. Jesus is the source of our salvation, the source of our divine health and restoration. Moreover, His name means, “God saves.” During the storm at sea, when his friends yell out, “Save us!” he tells his friends to stay focused on him, trusting him with their worries and concerns. Trusting, believing, and knowing Jesus helps us to stay focused on Him. This means we are not meant to struggle alone. The great temptation that comes with thoughts of despair is the temptation to believe that we are alone when we are suffering. Jesus is waiting for us to ask for help, honouring our free will. Ask for help and stay focused on him during a time of crisis.

Stay close to Christ-centred people, people who communicate his love and goodness. 1 John 4:4 reminds us that Christ within us is greater than any evil or crisis that is in the world. Jesus promised he is with us, especially “where two or three are



gathered..." (Matthew 18:20). The lover needs a beloved, for where there is love, there is God (1 John 4:8). Spiritual and emotional intimacy is key to surviving this time of physical isolation. Dr. John Cacioppo, a professor at the University of Chicago, has studied the science of loneliness. Check out his Ted talk here: <https://www.youtube.com/watch?v=0hxl03JoA0>. Dr. Cacioppo has discovered that **loneliness is harder on the body than smoking, drinking, and obesity**. Please reach out to others with a phone call, text, or email. Pray with one another and encourage one another. In the Parable of the Judgment of Nations, Jesus says, "Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me," (Matthew 25:40). Certain members of the Body of Christ are vulnerable and need those of us who staff Christ's "field hospital" to minister to them. Let us be mindful of the dignity of all people, especially the lonely and the isolated, those who have no one to speak for them. Ask for help if you need it and we must do our best to make sure the dignity of the vulnerable is maintained during these challenging times.

FOURTH ACTION

Truth, goodness, and beauty: These are attributes of God's being. They are transcendentals, meaning each attribute, rooted in God's being, transcends our understanding of space and time. Think of a time when you were enjoying a season of plenty—falling in love, loving your job, making new friends, worshipping with a community of faith, listening to sacred music, enjoying a vacation with scenic vistas, or enjoying a wonderful party with great food and fellowship. My guess is you didn't want the time to end, and when it was over, you thought to yourself, "Where did the time go? Five hours felt like five minutes." These moments can be like a foretaste of heaven. Heaven is beyond our understanding of space and time, meaning it is timeless and without boundaries. Understanding our desire to know and serve God, Jesus taught us the Lord's Prayer, beginning with these words, "Our Father who art in heaven..." Exposing yourself to truth, goodness, and beauty can facilitate a foretaste of heaven, an encounter with God, and might alleviate some of the discouragement or worry you are feeling. We tend to be more present focused when we are enjoying ourselves, among other enjoyable activities, doing the things we love—teaching, dancing, cooking, laughing, playing, and praying. When there is distress or fear, these feelings can trap us in thoughts of an uncertain future, robbing us of our peace in the present. When we suffer, we begin to experience time quite differently, feeling like time has not moved at all. **Meditating on truth, goodness, and beauty might bring some peace to the present moment, because it is God's presence we are feeling.**

Where can you find truth? Jesus said he is "the way, the truth, and the life," (John 14:6). Where is there goodness in your life? Stay in the light and stay close to life giving people and habits. Give of your time and gifts if you are able and safe while doing so. Reach out to friends and family who might be lonely or isolated, pray for your pastors and bishops, pick up food and/or deliver food to those who are shut-in. Where can you find beauty in your life? Is it safe for you to go for a walk, sit outdoors, exercise and enjoy the sounds of nature? Listen to sacred music or if you are a musician and/or vocalist, sing songs of praise. And don't forget to laugh! Humour is a great stress reliever.

FIFTH ACTION

Orare: Latin for "to pray." St. Paul advises us to pray without ceasing, (1 Thess. 5:17). Continue to participate in virtual mass, spiritual communion and to pray your favourite prayers: the rosary, chaplets, examen prayer of St. Ignatius, and other prayers that feed your soul and mind. Consider starting a virtual novena with family and friends. Here's a great website for novenas: <https://www.praymorenovenas.com>.

Remember, worry cannot change anything, but prayer can. Dr. Larry Dossey has published the results of hundreds of peer-reviewed studies on the power of prayer. He, and others, concludes that the prayer that produces the most fruit is "Thy will be done." Our prayers are powerful, even more so when they are focused and intentional. Praying for God's will to be done frees us from attachment to outcomes.

When we were younger we might have prayed this way: "Dear God, I would really like this job. Or, Dear God, I would really like to date this person. Or, Dear God, I would really like to be promoted." As we mature in our prayer life, our prayer might become, "Dear God, if it is your will, I would really like to be promoted, etc." As we learn to trust God, our prayer becomes "God's will be done" without any attachment to outcomes, knowing and trusting that God's will is always for the best. "For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope." (Jeremiah 29:11)

When we pray we participate in the omnipresence of God. Our prayers can transcend space and time, helping those who are shut in or isolated. When we entrust our afflictions to God, He promises his grace, or gift of strengthening, will make sure the affliction does not dominate. **His grace will help us manage each day, reminding us that not every day, week, month, or year will be like this one.**

We are the Church, God's people, those living and striving to do God's will, our friends in purgatory, and other holy men and women in heaven, with our Blessed Mother, praying for us. Prayer takes us beyond ourselves and connects us to other members of Christ's body, the Church. **Let us pray that God's will be done** for the following individuals and situations (add your own to the list as this list is



not meant to be an exhaustive representation of all those in need of prayer during this time of crisis):

- ☐ All sick and suffering individuals
- ☐ Shut ins, seniors in long term care facilities, and patients in hospitals
- ☐ Medical staff and other public health officers
- ☐ Grocery store clerks and other essential workers
- ☐ Teachers and school support staff/administrators
- ☐ Families (All people, all states of life)
- ☐ Students completing exams or grades with online learning
- ☐ Bishops and clergy, parish support staff
- ☐ Unemployed staff and small and big business owners, ...
- ☐ Hospitality workers
- ☐ Lonely individuals
- ☐ Bereaved individuals
- ☐ People who are dying alone
- ☐ Engaged couples postponing weddings
- ☐ Politicians
- ☐ People who work in media/communications

SIXTH ACTION

Read widely: Take some time for spiritual reading and study. **God's Word continues to feed us and is available to us, making His truth accessible to all people.** Participate in bible studies and family and/or phone/virtual prayer and study. Women of the Word-Toronto and Dynamic Women of Faith have hosted virtual conferences and prayer sessions. There are apps that offer the Liturgy of the Hours and other treasured prayers and spiritual reading. Search saints of the day or read an autobiography or biography of your favourite saint. If you don't know where to start, reach out to a friend or your pastor for a recommendation. Formed.org and Wordonfire.org are some suggestions for online spiritual resources. Check out your diocesan website for other spiritual resources. Some of your favourite Catholic speakers have their talks available on their websites or on YouTube. Some conferences have gone to virtual presentations to deliver their content. Monsignor A. Robert Nusca has published a great book, *The Christ of the Apocalypse: Contemplating the Face of Jesus in the Book of Revelation*. Here's the link to his Amazon page: <https://www.amazon.ca/Christ-Apocalypse-Contemplating-Jesus-Revelation/dp/1945125756>. See also <https://www.facebook.com/msgrrobertnusca>

The topic of his study is quite timely and relevant to today's current crisis. Moreover, we can show our support for so many of our wonderful Canadian Catholic authors: Dr. Moira McQueen, Dr. Patricia Murphy, Father Séamus Hogan, Deacon Peter Lovrick, Dr. Anne Jamieson, David Dayler, and Father James Mallon, to name a few. Please add to this list and encourage others to read widely.

SEVENTH ACTION

Yield to God's will, allowing Him the right of way. This means we are called to surrender to His great mercy and wisdom. In past writing, I have defined mercy as "God's perfect, unconditional, forgiving, generous, compassionate love, whether we feel worthy of it or not." Having intimate knowledge of God's mercy, St. Paul reminds us "nothing can separate us from the love of God," (Romans 8:38-39). Abandon your worries to Him and trust in His providence.

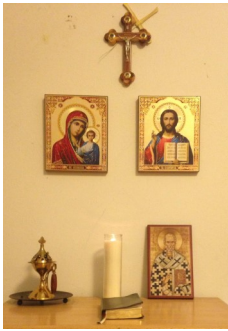
Throughout this time of physical isolation, I have had some very angry moments, feeling helpless, feeling not being able to fix anything. I have done my best to stay informed and to pray for all people in need, including those making decisions on our behalf, supporting the more vulnerable in our community with prayers and material resources. I kept asking God, "What else can I do?" The anger finally left me when I felt inspired to surrender all of the uncertainty, fear, anger, and anxiety to his divine providence, no doubt helped by the prayers of good friends and family—you know who you are! This act of surrender has helped me to focus on the gift of gratitude, reflecting on the many blessings in my life, including my husband, Robert, my children and grandchildren, my students, and so many cherished friends.

These steps reflect my journey so far, meditating on the challenges, both spiritual and emotional, presented by COVID-19. May God continue to guide and strengthen us as we pray for the balance to be restored in our families and communities, preparing us to enjoy the fullness of our faith life when we have the opportunity to gather and worship as one, no longer apart, but together.

"Do not be afraid!" " ...So we, who are many, are one body in Christ, and individually we are members of one another," (Romans 12:5).

How can we make HOME feel like CHURCH?

"Watching" Liturgy at home might feel a little strange.



SETUP A HOLY PLACE

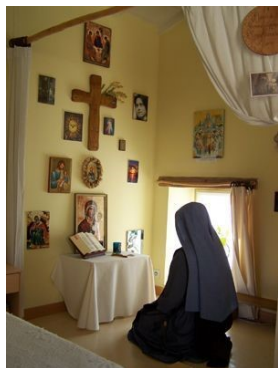
If you have an icon corner or home altar set up already, great!

Find a place to put a tablet, smartphone or laptop to watch together, as a family. If you don't have an icon corner, no problem! Setup an icon on a bookshelf or table, along with a candle and some Holy Water



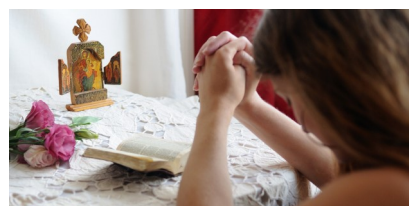
MAKE IT LOOK AND SMELL LIKE CHURCH

It's going to feel strange staying at home but still "going to Church". Try lighting a candle and burning some incense, if you have some.



PRAY FOR PEOPLE IN NEED

When the priest says, "for the sick and the suffering.. For peace in the world.. For our country. The president and all those in public service... let us pray to the Lord" make sure to say a special prayer for those people! The world is hurting right now and your prayer is important



FULLY PARTICIPATE

By standing, kneeling, sitting and responding



KEEP YOUR ROUTINE

Wake up, brush your teeth, and get dressed just like you would if you were going to church, even though you will attend at home. This will help it feel as normal as possible



FOLLOW THE LITURGY

Follow the liturgy to stay focused. Use a service book if you have one at home. REMEMBER, we serve the Liturgy of St. Basil the Great during Lent, so there are some different prayers the priest reads aloud. Follow along with your whole family to hear how beautiful the prayers are!



DRINK HOLY WATER

Take a sip of Holy Water at the time when Holy Communion is typically offered. This is a small blessing

Remember,

these are temporary tips to help home feel more like church, until we can all come back together .

Divine Liturgy Live Streaming Links:



St. Stephen Protomartyr, Calgary –

Recorded Sunday Divine Liturgy will be available Saturday evenings at 9pm.

Website : www.saintstephencalgary.ca/

Facebook : www.facebook.com/protomartyr.ca



St. Josaphat Cathedral

Facebook livestreaming: www.facebook.com/josaphat.cathedral/

Website: stjosaphat.ab.ca/

Liturgy times : stjosaphat.ab.ca/liturgy-times/



St. George Parish (Ukr)

Divine Liturgy Live Streaming Facebook – Sunday 9am

<https://bit.ly/39UgOk6>



Holy Eucharist Cathedral, BC

Facebook livestream

www.facebook.com/holyeucharistcathedral/



St. Basil the Great Parish, Edmonton:

YouTube Live Stream – Sunday at 11am

<https://bit.ly/2USdscQ>

More Livestreaming Liturgical services can be found here:

<https://www.royaldoors.net/2020/03/2020-streaming-liturgical-services/>

Or <https://bit.ly/2y4EHIw>