



# WESTERN EPARCHY NEWSLETTER

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THE WESTERN EPARCHY  
UKRAINIAN ORTHODOX CHURCH  
OF CANADA

WESTERN EPARCHY

Spring, 2014

## Greetings from His Grace Bishop Ilarion



### ХРИСТОС ВОСКРЕС!

Всечесні отці, дорогі браття і сестри!  
В ці дні світлого Христового Воскресіння молитовно  
бажаю, щоб Воскресший Господь дарував всім вам  
духовну радість і спокій, здоров'я тілесне і  
допомогу Божу в усіх добрих справах на многії  
літа.

### CHRIST IS RISEN!

Dear Fathers, Beloved Brothers and Sisters,  
In these joyful and glorious days of the Resurrection  
of our Lord and Saviour, Jesus Christ, I prayerfully  
greet you with the hope that His Resurrection gives  
us all spiritual joy and peace, strong physical  
health, and abundant strength from the Lord in all  
our good deeds for His Glory for many years.

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## HIS GRACE BISHOP ILARION VISITS ORPHANAGES IN UKRAINE, FEBRUARY, 2014



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### Some Thoughts about Frequent Communion by Joana Janis, age 93



For some years now, the clergy at St. John's Ukrainian Orthodox Cathedral and Bishop Ilarion, in sermons, announcements, and teachings, have been urging parishioners to come to Holy Communion more frequently. *Even to partake at every Divine Liturgy.* That sounds pretty extreme to many of us! Not surprisingly, most people haven't responded to their urging, sticking instead, to the common practice of going once or twice a year or to a personal practice of never going. After all...it's not how we were brought up; it's not what we're used to, so why change? Until about five years ago, I was one of the twice-a-year people.

Today, I seldom miss going to communion when I attend a Divine Liturgy. As much as I can't ignore the difference it has made in my life, I also can't ignore that my going fifty-plus times a year has been noticed—and commented upon—by fellow parishioners. It's their questions over the years, and several ensuing conversations, that have prompted me to write this article. Perhaps others can relate to my pre-2008 experience of infrequent communion and, in considering my post-2008 experience, will ask themselves: *Why am I not taking communion every time I have the chance?*

#### What happened in 2008?

At one of the Lenten teachings, several of our priests, in their presentation, stressed the importance of communion. It wasn't a new message, but the emphasis and conviction of the clergy seemed new, which is perhaps what made it hit home with me on that occasion. I might be a regular church-goer, but in relation to communion, I was one of the no-shows. *That was a sobering thought.* I was eight-eight years old, had attended literally thousands of Divine Liturgies, and at each one, had heard the invitation from our Lord:

"Take, eat, this is My Body, which is broken for you for the remission of sins."

"Drink of it, all of you: this is My Blood of the New Testament, which is shed for you and for many, for the remission of sins."

I knew that we partook "of the precious and holy Body and Blood of our Lord God and Saviour Jesus Christ, unto the remission of sins and life everlasting" and "for healing of soul and body." I knew that through Holy Communion we "Receive the Body of Christ, taste the Fountain of Immortality" and yet, in a lifetime of attending Divine Liturgies, most times, I had said "No, thank you." That shook me.

I wasn't doing what Christ asks and invites us to do. In the Divine Liturgy, the work of the people, we come together in worship, prayer, praise, and thanksgiving, but especially in communion. *And I was missing out on what Christ offers when we gather at the Church: a personal encounter with Him.* When I receive His Body and Blood, He is in me...forgiving and healing me as He did the paralytic, raising me up He did Jairus's daughter, strengthening me as He did St. Paul, caring for me, in the world but not of the world, as He did His disciples...

My experience of the Divine Liturgy was not as full as it could or should be. And I asked myself why. *Why was I choosing not to take communion every time I had the chance?*

#### Did my upbringing affect how often I went to communion?

I'd say yes. I was born six miles north of Hyas, Saskatchewan, in 1921. There was no Orthodox Church and no resident priest in the area at that time. My mother blessed me with holy water when I was born, and my baptism and first Holy Communion occurred when I was about three years old. I remember standing with my older sister on a bench in my godmother's home and an Orthodox priest offering us these sacraments. There was no Divine Liturgy.

While growing up, Orthodox priests seldom came to our rural area. When they did, they stayed with a family and served the Divine Liturgy in a home until the Orthodox church of Sts. Peter and Paul was built on my godfather's farm near Hyas. Even after that a priest still only came three or four times a year.

*What I took away:* Divine Liturgy and Holy Communion went hand in hand. When we went to Divine Liturgy, we went to communion. But priests came infrequently, and so this happened only a few times a year.

In the early 1940s, when I stayed at Mohyla Institute in Saskatoon, I walked to a local church or attended the occasional Divine Liturgy held at the Institute. Most of the students had grown up going to communion a few times a year, and carried forward that custom no matter how many times we went to church during the year. After completing teacher training, I taught in rural schools, where church options ranged from none to a nearby Russian Orthodox parish to a Ukrainian Orthodox church five miles away.

*What I took away:* Even in years that offered increased opportunity for church attendance, frequency of communion didn't increase proportionately.

( to be continued in next edition of the Western Eparchy Newsletter)



**THE TRIUMPH OF ORTHODOXY 2014**

His Grace Bishop Ilarion, clergy, and faithful of the Edmonton and area Orthodox community celebrated The Triumph of Orthodoxy at The Greek Orthodox Church of St. George in Edmonton on Sunday, March 9.



**THE LITURGY of PRE-SANCTIFIED GIFTS  
CLERGY RETREAT 2014**

His Grace Bishop Ilarion and the clergy of The Western Eparchy celebrated the Liturgy of the Pre-Sanctified Gifts at the Ukrainian Orthodox Cathedral of St. John The Baptist, Edmonton, to conclude the Clergy Retreat.



**GREAT COMPLINE**

and

**THE READING OF THE CANON OF ST. ANDREW OF CRETE  
2014**

His Grace Bishop Ilarion and clergy celebrated Great Compline with the Reading of the Great Penitential Canon of St. Andrew of Crete in churches in the Edmonton Deanery.



His Grace Bishop Ilarion visits the Ukrainian Orthodox parish of St. Mary in Surrey, BC on Sunday, March 30, 2014.





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**ORPHANAGE PROJECT IN UKRAINE**

Many needed items were purchased in 2013 including a furnace, multiple sets of washers and dryers, and many personal care items. Donations gratefully accepted for continued support of the Orphanages in Ukraine.

**Tax Receipts for Revenue Canada will be issued.**



THANK YOU for all donations made to the Orphanage Project in Ukraine. Through your generous support you are fulfilling the message of our Lord who said:

“...for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me...Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.”

Matthew 25: 35-40

**UKRAINIAN ORTHODOX CHURCH OF CANADA**

**YOUTH RETREAT**

**Banff, Alberta**

**May 9—11, 2014**

All Ukrainian Orthodox Youth, 10 years and up are welcome to register

For more information: Fr. Timothy Chrapko  
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**Preserving the Church in Your Community**

Alberta Culture, through its Historic Places Stewardship Program, has resources (advisors and financial help) available to assist the preservation of churches in rural areas. Please contact the Western Eparchy office for contact names and additional information.

**SECOND PLATE COLLECTION**

All parishes are reminded to hold a second plate collection during the Paschal Season for funds for the Western Eparchy.