



Saint Mary the Protectress Newsletter

March 2026 Volume 17 Issue 3

Find us on Facebook at "St. Mary's the Protectress Ukrainian Orthodox Church"

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From the Pastor:

Beginning of Great Lent

Once again we enter the holy and saving season of Great Lent — a time of repentance, purification, and a return to God. This is not merely a period of abstaining from certain foods. It is a journey of the heart. It is a path from noise to silence, from distraction to focus, from sin to the light of Christ's Resurrection.

The Holy Church calls us: "**Repent, for the Kingdom of Heaven is at hand.**" Repentance is not fear, and it is not despair. It is a joyful opportunity to change. It is when a person honestly looks into their heart and says, "**Lord, without You I can do nothing. Cleanse me and save me.**"

Fasting is medicine for the soul. We restrain the body in order to learn to restrain anger, judgment, envy, and careless words. What benefit is it to abstain from meat if we "consume" one another with our speech? What is the meaning of strict fasting if the heart remains hardened?

Through the Prophet Isaiah, the Lord says: "**Is this not the fast that I have chosen: to loose the bonds of wickedness... to share your bread with the hungry, and bring the homeless poor into your house?**" True fasting, therefore, is mercy, forgiveness, and reconciliation.

Great Lent is also a time of prayer. Let us find a few moments of silence each day. Let us set aside what is unnecessary. Let us take the Gospel into our hands. Let us kneel not only with our bodies, but with our hearts.

This path is not easy. But it is filled with light. For at its end stands Pascha — the Resurrection — the victory of life over death.

May this Lent be for us not a burden, but a blessing. May our thoughts be purified. May our faith be strengthened. May a quiet joy of meeting Christ be born in our hearts.

With love in Christ our Lord,
Father Roman Tsaplan

Message from the President

On Saturday night here in Nanaimo we had an opportunity to attend an event at the Harvest Church. The event entitled: *Four Years of Resistance – Ukraine Stands Strong*, was organized by the Canadian Association of the New Ukrainian Generation (CANUG).

Over the course of the evening, they traced the four-year history of Russia's genocidal invasion of Ukraine. They used speeches, songs and audiovisual presentations to show the impact of the war and the how the people of Ukraine have reacted and adapted to the challenges they face daily.

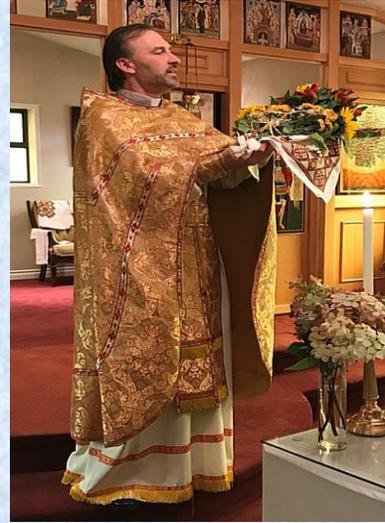
A lot carefully researched information was presented that shows how Russia uses the "peace process" to inflict even more pain on the civilian population. Did you know that drone attacks on civilian homes and infrastructure have increased after each successive set of "peace talks", and that the fourth year of the war has been the most damaging for civilians?

I know that many of you are feeling discouraged as the war moves into its' fifth year, but this is not the time to lose hope. Now more than ever we must stand together in solidarity with those who are defending Ukraine. Let us continue every day to honor the courage and resilience of the Ukrainian people who have been facing adversity with unwavering determination.

Continue to reflect on the sacrifices made and the ongoing struggle for peace and sovereignty. Pray and honor the memory of those who have fallen, support those who continue to fight for a just peace that will ensure the freedom of a sovereign and independent Ukraine.

Slava Ukraini!

Fred MacDonald
Parish President



Scripture Readings

Saturday, March 14th

- [1 Thessalonians 4:13-17](#)
- [John 5:24-30](#)

Saturday, March 28th

- [Hebrews 9:1-7](#)
- [Luke 10:38-42; 11:27-28](#)

Soul Saturday: March 14th

On the **Saturday of Souls**, Orthodox Christians commemorate those who have fallen asleep, beginning from Adam and Eve, all the way to the most recently departed souls. With reverence, we ask God to forgive all their transgressions and to grant them rest "*in a place of green pasture.*" In addition to expressly commemorating the names of our loved ones, our prayers include more generally all those who have fallen asleep in the hope of the Resurrection of Christ. May their memories be eternal!

Please bring a list of departed family members to Church for Father Roman to include in the Service.

Children's Corner

Fasting

V R E S T R A I N T H Y L N S
 L O R T N O C E Z K Y N A P O
 H Q X N V S I A V O I D I R V
 B W L B O N T F O X D R C E E
 E N I L P I C S I D I Y I Y R
 O H S F E F T F O T R R F A C
 G V J O C Y K A U A R M E R O
 B R D L F E N A T U F P N P M
 E E T A Z E L N O P R M E F E
 H C H U T L U E F O M F B E X
 J W I N Y L F X M Q E E R X J
 A P E V O E W O U O A O T X K
 W L T V R J T B O G T P A B O
 C O G T N E O U X D Y T E D N
 S N P W S Q S A F R L W D T B

Circle the words below in the puzzle on the left

- AVOID
- DISCIPLINE
- MEAT
- PROMOTES
- SPIRITUALLY
- BENEFICIAL
- FOOD
- OVERCOME
- RESTRAINT
- TEMPTATION
- BENEFICIAL
- FOOD
- OVERCOME
- RESTRAINT
- TEMPTATION



March Birthdays

Valentina	March 2nd
Thomas	March 3rd
Edna	March 6th
Joy	March 15th
Athena	March 18th

Prayers for those in our Community

Please let anyone on the Executive or Farther Roman know of anyone who is ill or needing prayers.

- Dobr. Katherine**
- Elaine H**
- Uli**
- Walter**
- Iris**
- Vic**



Fasting in the Orthodox Church



What is a fast? It is the exercising of voluntary restraint. Fasting is the ability to discipline one's self in order to overcome evil, rise above one's wrongdoings, and control one's passions. When we fast, we give precedence to our spiritual rather than our physical needs. Fasting implies the avoidance of all evil, of all that contradicts God and all of all that runs contrary to His commandments.

A Lenten period should always be one of prayer – prayer praising God, thanking him for his generous gifts and asking Him to help us to fight against temptation. True fasting entails a spiritual, prayerful frame of mind. During Lenten periods, the spirit rather than the body should dominate out thoughts and actions. Fasting is a highly moral human state in which the lofty aspirations of the soul\ overcome the lowly physical demands of the body. Christ Himself taught us this.

To prepare Himself for preaching to the people, Jesus Christ, after being baptized in the River Jordan by John the Baptist, went into the wilderness and fasted for forty days and nights. To make fasting easier for us, the Holy Orthodox Church established a list of foods to be avoided during Lenten periods. When, for instance, we abstain from eating meat during a fast, we increase our will power. This in turn gives us greater ability to resist sins and the breaking of the Ten Commandments. Thus, fasting is both healthy for the body and beneficial to the spirit, which it strengthens.

Spiritually, fasting entails restraining one's self from thinking bad things. Conversely, it promotes our increasing our service to our fellow man, increasing our love toward him, and doing more good deeds.



Canada Helps

Our Church is registered with Canada Helps, which is an organization whose mission is to inform, inspire, and connect donors and charities, and to democratize access to effective technology and education in the charitable sector. Because we are registered with this organization, individuals can donate to us, and it has inspired individuals across Canada to donate to our little Church. This QR Code links you to Canada Helps and to our page.



NOTICES

Allergy Alert

St Mary's church has a number of parishioner's with peanut or nut allergies.

For some of these people, their allergic reaction to peanuts and nuts is produced by the mere smell and/or peanut/nut residue on the table, door knob or water taps by people who have eaten food with nuts and/or peanuts. An allergic reaction for a person with anaphylaxis can be life threatening and in many cases the reaction is very swift in onset.

Our church community needs to ensure the safety of all of its parishioners and provide the people with this severe allergy a safe environment.



Attached you will find a poster for an Easter Egg making workshop designed for the **general public to attend**. This poster will be distributed through the community. The cost is \$25. per participant to be held on **Saturday March 21st** from 10 to 2pm. Please encourage friends to register. The Community Poster is attached if possible print it and post in your neighbourhood somewhere.

Orthodox Christian Stewardship

Orthodox Christian Stewardship is way of life, which acknowledges accountability, reverence and responsibility before God. A primary goal of Stewardship is to promote spiritual growth and strengthen faith. Becoming a Steward begins when we believe in God, to whom we give our love, loyalty and trust and act on those beliefs. As Stewards, we affirm that every aspect of our lives comes as a gift from Him. Stewardship calls on the faithful to cheerfully offer back to God a portion of the gifts with which they have been blessed.

Tithing is a Christian ideal worth striving towards. It is important to learn that our own generosity is a commitment to maintaining our own Church building and various programming that we wish to present throughout the year. It would be great and humbling, not to rely on non-Orthodox Christians, or guests to support us. As the Treasurer, I humbly ask, please help us to meet our yearly budget, by giving joyfully your 2026 membership and tithe as soon as possible. Thank you and God bless.

Spring Church Cleaning



With Easter fast approaching, the inside and outside of our property really needs attention. As always, we are all busy; however, as a congregation we need to come together to pray, work and laugh. The jobs seem to be endless.

The date assigned for both indoor and outdoor work is **Sunday, March 29th from 10:00 to 1:00 pm**. Please come to help for however long you can.

Dates for March Services

**Divine Liturgy with Fr. Roman, potluck to follow:
Sat. March 14th and Sat. Mar. 28th**

Pysanka Workshop

Taras Shevchenko



Taras Grigorievich Shevchenko, Ukrainian poet, writer, artist, ethnographer was born into a peasant family February 25 (March 9), 1814 in the village Moryntsi, Kiev province (today Cherkasy Region).

When Taras was 2 years old, he moved with his parents to the village of Kyrylivka, where he spent his childhood. In 1823, the family suffered misfortune - Taras' mother died, and two years later his father died. The boy became an orphan and was left to himself.

The first who taught Taras literacy was clerk Sovgir Gubskiy; basic drawing techniques he learned from house painters. Shevchenko tended sheep, worked as a laborer, and then started working for the landowner Engelhardt, first as a scullion, then as a boy-servant.

Seeing a young man's talent for drawing, Engelhardt first sent him to the Warsaw painter, then to St. Petersburg, to painting master Shiryaev. At times, the young man visited the Hermitage, copied statues in the Summer Garden. Once on a walk, he met a Ukrainian artist I. M. Soshenko.

Soshenko introduced Taras to V. I. Grigorovich, conference secretary of the Academy of Arts; artists A. G. Venezianov and K. P. Briullov, the famous poet V. A. Zhukovsky. They noticed a talented young man and decided to secure his release from bondage for further study at the Academy of Arts. Briullov made a beautiful portrait of Zhukovsky. The portrait was drawn in a private lottery and with the money paid for it Shevchenko was bought from the landowner. In a sign of special respect and deep gratitude, Shevchenko dedicated Zhukovsky one of his major works - the poem "Kateryna."

The studies at the Academy of Arts captured Shevchenko entirely. He worked hard on improving his artistic brush and soon became the favorite Briullov's student.

In 1840, the first small collection of poems by Shevchenko, "Kobzar" ("The bard") was issued. In 1841, his poem "Haydamaky" - the largest of Taras' works – was released as an independent edition. In 1842 – 1843, Shevchenko wrote in Russian such poems as "A Blind Woman", "Funeral Feast", etc.

In 1845, Taras graduated from the Academy of Fine Arts, received the title of the artist and in the spring of the same year he moved to Ukraine. In 1846, in Kiev, he met with historian N. I. Kostomarov and joined the Cyril and Methodius Society, made up of young men who dreamed about the development of Slavic culture and the union of Slavic nations. Soon, however, the members of the organization were arrested and charged with drawing up a political society. Taras was sent as a private in a separate Orenburg corps, Orsk fortress, and was prohibited to write and draw.

In the spring of 1848, Shevchenko was included in the expedition to the Aral Sea (1848-1849). Thanks to his good relations with lieutenant Butakov, he was allowed to paint landscapes of the coast and local folk styles. But soon it became known, the lieutenant was reprimanded and Shevchenko was exiled to Novopetrovskoye village, prohibited to draw again. There Taras was doing modeling, and then again took up his pen and wrote several novels, "Princess," "Artist," "Twins." Shevchenko stayed in Novopetrovskoye from October 1850 to August 1857

Back in St. Petersburg, Shevchenko settled in the premises of the Academy of Arts, in a room allotted to him, and engaged in poetry and art. In May 1859, Taras went to Ukraine, visited the old familiar places, met with his sister and other relatives, considered buying a house on the coast of the Dnieper. In 1860, he returned to St. Petersburg and took up the compilation of textbooks in the Little Russian language.

February 26 (March 10), 1861 Taras Shevchenko died and was buried at the Smolensk Orthodox cemetery in St. Petersburg. A few months later the coffin of the poet, in accordance with his will, was transferred to Ukraine and was buried on the Chernecha Mountain near the town of Kaniv.

From the Presidential library materials:

[Т. Г. Шевченко: к 200-летию со дня рождения \(коллекция\)](#)

Calamity Again

Dear God, calamity again! ...
It was so peaceful, so serene;
We but began to break the chains
That bind our folk in slavery ...
When halt! ... Again the people's blood
Is streaming! Like rapacious dogs
About a bone, the royal thugs
Are at each other's throat again.

Taras Shevchenko
Novopetrovsk Fortress, 1854 (?)
Translated by John Weir, Toronto

Study, my brothers!

Think, read,

Learn what is foreign,

but don't avoid what is ours...

Taras Shevchenko



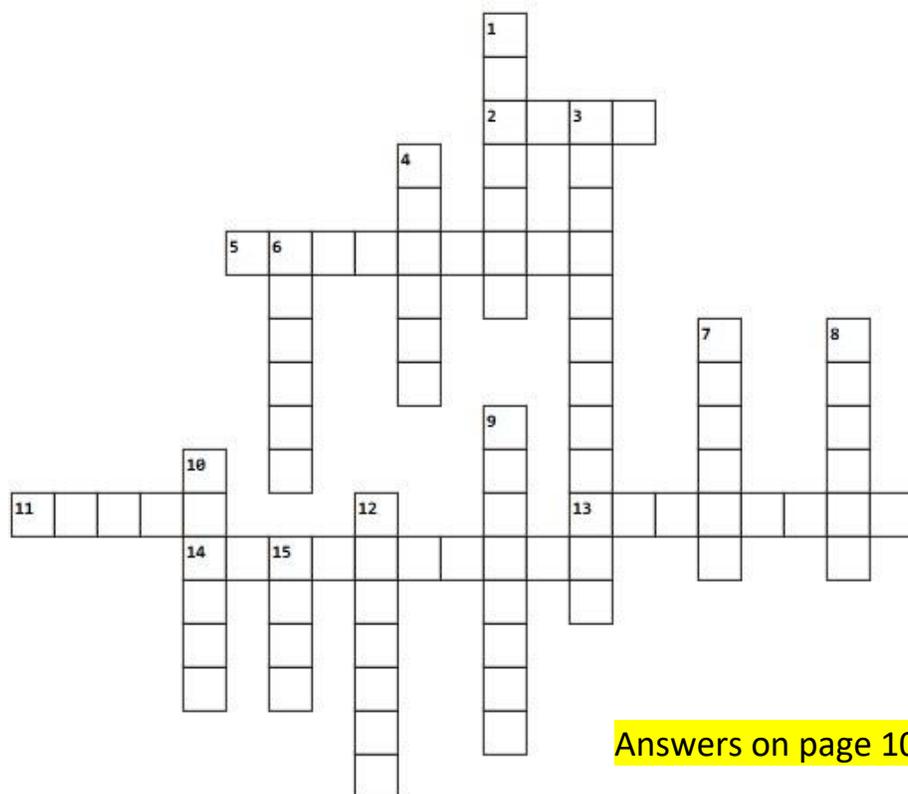
Shevchenko, 1842 Kateryna



Shevchenko
The Paternal Hut of Shevchenko
in the Village of Kyrilivka

From: <https://zaklynsky.wordpress.com/2012/11/27/taras-shevchenko-selected-poems/>

Taras Shevchenko



Answers on page 10

From: <https://crosswordlabs.com/>

Mariana, the nun

It is true, Oksana, alien and black-browed,
That you will not remember the orphan
Who, in a grey jacket, was so happy
To see a wonder - your beauty,
Whom you taught, without talk or words,
How to speak with the eyes, soul and heart,
With whom you smiled, cried, and worried,
To whom you loved to sing a song about Petrus.
You will recall... Oksana, Oksana!
But I still cry today and I still worry,
I pour out my tears for the little Mariana
While I look at you and pray for you.
Remember, Oksana, alien and black-browed,
And deck sister Mariana with flowers.
Sometimes smile happily at Petrus
And, even jokingly, remember what happened.

-Taras Shevchenko, Mariana, the nun, Povne I

Use these clues to fill in the words on the left.

Down

1. poem for my funeral
3. study of culture
4. sentences with words
6. book of poems
7. type of soldier
8. my tools are a brush
9. speak truth
10. struck regularly
12. I am owned
15. no money

Across

2. rhyming words
5. my nationality
11. cannot go home
13. care about humans
14. learn from someone

Zapovit

When I die, then make my grave
High on an ancient mound,
In my own beloved Ukraine,
In steppeland without bound:
Whence one may see wide-skirted
wheatland,
Dnipro's steep-cliffed shore,
There whence one may hear the blustering
River wildly roar.
Till from Ukraine to the blue sea
It bears in a fierce endeavour
The blood of foemen — then I'll leave
Wheatland and hills forever:
Leave all behind, soar up until
Before the throne of God
I'll make my prayer. For till that hour
I shall know naught of God.
Make my grave there — and arise,
Sundering your chains,
Bless your freedom with the blood
Of foemen's evil veins!
Then in that great family,
A family new and free,
Do not forget, with good intent
Speak quietly of me.
-Taras Shevchenko December 25, 1845

The Sundays of Lent

Each of the Sundays of Great Lent has its own special theme.



The First Sunday is called **the Feast of the Triumph of Orthodoxy**. It is a historical feast commemorating the return of the icons to the churches in the year 843 after the heresy of iconoclasm was overcome. The spiritual theme of the day is first of all the victory of the True Faith. “This is the victory that overcomes the world, our faith” (1 Jn 5.4). Secondly, the icons of the Saints bear witness that man, “**created in the image and**

likeness of God” (Gen 1.26), becomes holy and godlike through the purification of himself as God’s living image.

The Second Sunday of Lent is **the Commemoration of Saint Gregory Palamas**. It was Saint Gregory (d.1359) who bore living witness that men can become divine through the grace of God in the Holy Spirit; and that even in this life, by prayer and fasting, human beings can become participants of the uncreated light of God’s divine glory.

The Third Sunday of Lent is that of **the Veneration of the Cross**. The cross stands in the midst of the church in the middle of the Lenten season not merely to remind men of Christ’s redemption and to keep before them the goal of their efforts, but also to be venerated as that reality by which man must live to be saved. “**He who does not take up his cross and follow me is not worthy of me**” (Mt 10.38). For in the Cross of Christ Crucified lies both “**the power of God and the wisdom of God**” for those being saved (1 Cor 1.24).

The Fourth Sunday of Lent is dedicated to **Saint John of the Ladder** (Climacus), the author of the work, *The Ladder of Divine Ascent*. The abbot of Saint Catherine’s Monastery on Mount Sinai (6th century) stands as a witness to the violent effort needed for entrance into God’s Kingdom (Mt 10: 12). The spiritual struggle of the Christian life is a real one, “not against flesh and blood, but against the rulers of the present darkness the hosts of wickedness in heavenly places.” (Eph 6.12). St John encourages the faithful in their efforts for, according to the Lord, only “**he who endures to the end will be saved**” (Mt 24.13).

The Fifth Sunday recalls the **Memory of Saint Mary of Egypt**, the repentant harlot. Mary tells us, first of all, that no amount of sin and wickedness can keep a person from God if he truly repents. Christ himself has come “**to call sinners to repentance**” and to save them from their sins (Lk 5.32). In addition, Saint Mary tells us that it is never too late in life—or in Lent—to repent. Christ will gladly receive all who come to him even at the eleventh hour of their lives. But their coming must be in serious and sincere repentance.

International Women's Day



WOMEN'S DAY

This day called proudly as "International Women's Day" celebrates the unique strength of women that is hard to find in the entire human existence. It's a global day and is celebrated in most parts of the world to take conscious cognizance of the unprecedented achievements of women, irrespective of which section of the society they belong to. It was the labor moment of the twentieth century in North America that came out to be the

time when this day emerged.

That was the time which proved to be a turning point in the history of womanhood and her velour, both in the developing and the developed countries. The women's right has proved to be a magic wand in terms of building a support system for the rights of women and their participation in spheres including politics and economics. It was 28th February 1909, when first **International women's day** was celebrated in United States. And, it was only during 1975 when the UN (United Nations) started celebrating this day on 8th of March every year.

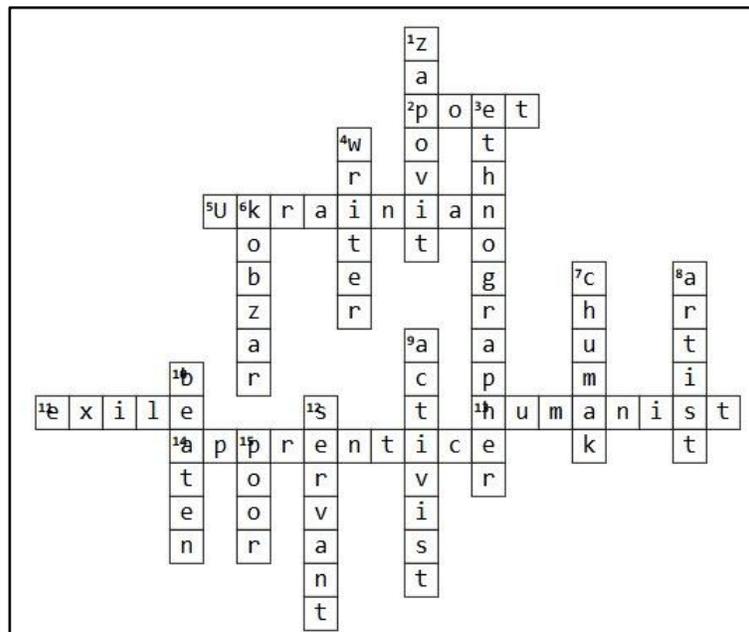
The International women's day calls for the equality of women in the society where they are often not given that right that, she actually deserves. But thankfully, since the inception of the IWD, the scenario has changed quite rapidly to address many issues in the related field. International women's day has not any affiliation from a particular group or organization rather it brings together the reputed women's organizations, Governments of various countries and other organizations that are from the similar school of thought.

Let's celebrate the incredible strength of women to strengthen the foundation of society!!

<https://www.womensdaycelebration.com>

Just so you know in Ukraine International Women's Day is a public holiday. It is a day off for the general population, and schools and most businesses are closed. Women are given flowers, they do no housework or cooking. Maybe this is something we should look at here.

Answers to the Crossword puzzle



Photos of the Annual Collecting of the Pussywillows



Each year around this time, members of the congregation collect pussywillows from the tree on our Church property. **Thanks to Michael and his crew for your work.** These are used in our celebration of Palm Sunday, and since our tree produces well in advance of the rest of the country, we also send some bunches to other Orthodox Congregations.



OUR JOURNEY TO PASCHA 2026

SUNDAYS

THEMES/READINGS

HOW TO PARTICIPATE

suggested weekly activities
(you can always do more!)

January 25th

Fast-free Week



Publican and the Pharisee

Epistle : 2 Timothy 3:10-15

Gospel: Luke 18:10-14

"God be merciful to me a sinner".
In humility acknowledge your utter dependence on God, without whom you can do nothing. Pray psalm 51 daily.

February 1st



The Prodigal Son

Epistle : 1 Corinthians 6:12-20

Gospel: Luke 15:11-32

Every morning say "I will be obedient and faithful." Examine your conscience every evening. Ask God to forgive you.

MEAT-FARE
February 8th



The Last Judgement

Epistle : 1 Corinthians 8:8-9:2

Gospel: Matthew 25:31-46

Practice acts of charity. We are to serve Christ, to minister to Him, seeing Him in all persons. Carry Christ's light into your community.

CHEESE-FARE
February 15th

Great Lent begins with Forgiveness Vespers
Monday is a day of strict fasting



Forgiveness Sunday

Epistle : Romans 13:11-14:4

Gospel: Matthew 6:14-21

Ask each family member for forgiveness. Attend Poklony and Presanctified services. Pray the prayer of St. Ephraim daily.

1st SUNDAY OF LENT
February 22nd



Sunday of Orthodoxy

Epistle : Hebrews 11:24-26; 32- 12:2

Gospel: John 1:43-51

Bring an icon to church for a procession. Pray the sorrowful mysteries of the rosary before an icon every evening.

2nd SUNDAY OF LENT
March 1st



St. Gregory Palamas

Epistle : Hebrews 1:10-2:3

Gospel: Mark 2:1-12

Deny yourself of your favorite food or favorite activity this week and pray the Jesus Prayer every evening. Prepare for your Easter confession.

3rd SUNDAY OF LENT
March 8th



Veneration of the Holy Cross

Epistle : Hebrews 4:14-5:6

Gospel: Mark 8:34-9:1

Start each day with a spirit of gratitude even for your difficulties. Pick up your cross daily without complaint! Pray to always be in God's will.

4th SUNDAY OF LENT
March 15th



St. John of the Ladder

Epistle : Hebrews 6:13-20

Gospel: Mark 9:17-31

Every time you climb stairs this week, ask St. John to help you reach Paradise. Attend the Lenten Mission.

5th SUNDAY OF LENT
March 22nd



St. Mary of Egypt

Epistle : Hebrews 9:11-14

Gospel: Mark 10:32-45

Ask the Theotokos to grant you pure thoughts and ideas. Pray for the conversion of sinners and that your own heart be radically changed.

PALM SUNDAY
March 29th

Great and Holy Week begins



Entry of our Lord into Jerusalem

Epistle : Philippians 4:4-9

Gospel: John 12:1-18

Place your blessed pussy willows behind an icon at home. Pray for peace in Ukraine and the world.

GOOD FRIDAY
April 3rd



Great and Holy Friday

A day of strict fasting

Refrain from TV, Internet, social media, and phones to honor Christ's death. Participate in the 3 o' clock service.

PASCHA: FEAST OF FEASTS

April 5th

Bright Week begins



HOLY PASCHA (EASTER)

Epistle : Acts 1:108

Gospel: John 1:1-7



Greet Everyone with "Christ is Risen!" "Христос Воскрес!" Celebrate in thanksgiving for all the Lord has done for you!



Farwell and Good Wishes to Vic, Iris and Mark Blasco

Come and share stories, memories and well wishes as we acknowledge their contributions over the many years to our community.

**March 15th, 2:00 to 4:00pm
Lounge at Knox United Church
345 Pym Street
Parksville, BC**

(Talk to Colleen and Debbie about details)

Photos of the Vigil Marking 4 Years of Russia's Genocidal War on Ukraine



Pysanka (Easter Eggs) Workshop

Saturday March 21st, 2026

10 am to 2 pm

St. Mary the Protectress Church

594 Karls Way, Parksville



**Are you interested in learning
the ancient art of making
Pysanky Ukrainian Easter eggs?**

They are made with a wax resist technique. Patterns are drawn on the egg with wax, which then protects the covered areas from the dye that is applied. By repeating this process with different colors of dye, a multi-colored pattern is built up. Finally, the wax is removed to reveal the colors that were covered up at each stage.

Cost \$25. per participant

- **Registration is required (classes are limited to 12 participants)**
- **Children must be supervised (recommended age: 10 and over)**
- **Workshop supplies will be provided.**
- **Please bring your own lunch.**

To register please contact Debbie 250-729-6143 (evenings)

Lenten Calendar 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 22 Cheese Fare Sunday	Feb 23 LENT BEGINS In case you did not yesterday. Pray and ask forgiveness from all of your friends and family	Feb 44 Say a prayer every night for a person whom you have a struggle with	Feb 25 Begin filling your Lenten jar with a Twoonie	Feb 26 1 Cent for every item that requires electricity in your home	Feb 27 1 cent for every book in your home	Feb 28 25 cents for every vehicle your family owns
March 1 Orthodox Sunday Say an extra prayer all of our ancestors who saved icons	March 2 The Annunciation Of Most-holy Theotokos	March 3 5 cents for every cooking pan or pot you have in your home	March 4 Make something for someone	March 5 Ask the Mother of God to help all of the sick children	March 6 5 cents for every light bulb you have in your home	March 7 Gather 10 tins of food and take it to Church with you tomorrow
March 8 Light a candle for each of your God Parents	March 9 25 cents if you have a roof over your head	March 10 Call a family member in another province or country	March 11 25 cents if you had three meals today	March 12 Sing a song of praise to God	March 13 5 cents for every pair of shoes you own	March 14 Call someone from the Church list and have a visit
March 15 Veneration of the Cross Light a candle for each of your Grand Parents	March 16 25 cents if you can wash your clothes in a washing machine	March 17 Pray for the orphans in the world	March 18 Bake something and take it to your neighbour	March 19 1 cent for each time you used the telephone today	March 20 5 cents for each friend you can visit	March 21 Visit an elderly person
March 22 Light a candle for each of your aunts/uncles	March 23 25 cents if your family owns a computer	March 24 Pray for those who are sick	March 25 Give a hug to someone you know today	March 26 5 cents for each telephone you have in your home	March 27 Take a coat of yours and donate it	March 28 Select 5 you're your toys and donate them

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 29 Take some food to the animal shelter	March 30 25 cents for every TV in your home	March 31 25 cents if you went to the doctor this year	April 1 1.00 if you went on a holiday this year	April 2 Visit a child with special need	April 3 Compliment 10 people today for something they have done	April 4 Make 6 prostrations recite the Lord's Prayer
April 5 Palm Sunday	April 6 50 cents if your family subscribes to a news paper	April 7 5 cents for every 30 min of TV you watch today	April 8 Talk with a homeless person	April 9 Holy Thursday	April 10 Good Friday	April 11 Parksville Blessing Baskets
20 Easter Sunday Christ Has Risen Indeed He Has						

Take your jar of coins or \$30.00 in cash to Church and give it to our Treasurer so that the money can be used to buy a generator within our "Ukraine Fund."