



Saint Mary the Protectress Newsletter

April 2026 Volume 17 Issue 4

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

594 Karl's Way, Parksville, BC. V9P 1Y8

Visiting Priest: Fr. Roman Tsaplan - 1-778-239-6252

Parish President: Fred MacDonald – 250-716-0589

Newsletter Contact: Deborah Provencher: debbie.provencher@telus.net

From the Pastor:

WHAT IS SAID ABOUT THE RESURRECTION

Inside This Issue

From the Pastor	p. 1
From the President	p. 2
Scripture Readings	p. 2
Children's Corner	p. 3
Birthdays & Anniversaries	p. 3
Prayers	p. 3
Notices	p. 4
Allergy Alert	p. 4
April Services	p. 4
Easter over Zoom	p. 4
Facebook	p. 4
Lenten Coin Reminder	p. 4
Canada Helps	p. 5
First Delivery	p. 5
Easter Sunday	p. 6
Prayer for Peace	p. 7
Photos	p. 8
Journey to Pascha	p. 9

THE ANGEL AT THE TOMB: *"Why seek you the Living One among the dead? He is not here, but is risen"* (Gospel of Luke 24:5-6).

THE APOSTLE PAUL: *"Death is swallowed up in victory. O death, where is your sting? O death, where is your victory?... Thanks be to God Who gives us the victory through Our Lord Jesus Christ"* (1 Corinthians 15:54-57).

ST. ATHANASIUS THE GREAT: *"Before the coming of the Savior, all mourned the dead as lost; now since the Savior resurrected the body, death is no more dreadful. For those who believe in Christ really believe that those who die are not lost, but live..."*

ST. GREGORY THE THEOLOGIAN: *"With us, this is the Feast of Feasts and the Celebration of Celebrations; it excels all other festivals as the sun excels the stars..."*

ST. JOHN CHRYSOSTOM: *"Let no one fear death, for the Saviour's death has set us free. He that was held prisoner of it, has annihilated it. By descending into hell. He made hell captive... it was angered, for it was slain..."*

ST. JOHN OF DAMASCUS: *"Let the heavens rejoice, and let the earth exult. Let, moreover, the whole universe, both visible and invisible, celebrate; for Christ is risen, joy eternal."*

ALL BELIEVERS TODAY: *"Christ is risen from the dead, trampling down death by death, and upon those in the tombs, bestowing life!"*

THE RESURRECTION OF CHRIST is too important an observance to pass over in one day. Indeed, the Church celebrates the feast gloriously for forty days. And beyond that, every Sunday is Resurrection Day, for that is why the old Sabbath was changed to the new Lord's Day.

Continued on next page...

Our task during this time is to incorporate the Resurrection into our own lifestyle and value system. This means it must be important to us. It is important, firstly, because our Lord's victory is the guarantee of life after death. Jesus Himself proclaimed: "**Because I live, you shall live also . . .**"

Then, the Resurrection is proof of the divinity of our Lord. It proclaims that Jesus is truly God, God become Man. It puts a special aura on everything Jesus said and did. It confirms what we profess in the Creed — that Christ is "**very God of very God, begotten, not made; of one Essence with the Father. . .**"

The Resurrection also means that we worship a living Lord. "**I am He that lives... that was dead, and behold I am alive forevermore...**" The Resurrection profoundly changed the lives of the early followers of our Lord. They dispersed after the crucifixion. Among them was Thomas, who refused to believe until he would see the scars made by the wounds on Christ's body. But when the Risen Lord appeared to the astounded Apostles, that was enough to ignite the spark of faith that has brightened the world ever since.

May we this day proclaim before the Resurrected Christ as did the Apostle Thomas: "**My Lord and my God!**" May the truth of the Resurrection enkindle the flame of faith in our lives, so that our lights shine in this world of darkness.

Father Roman Tsaplan

Message from the President

It happens about once a year. I have to take some time to remind everyone about the cost of keeping our little church going. This year I am not going to ramble on as I usually do about the cost of everything. In our daily lives we all know about the cost of things, and churches are not exempt. In fact, we pay more for some things like our insurance which will soon be \$4,000 a year.

What I want to do this year is have you look at that thing in your hand that you are probably reading this on – yes, your phone. Don't we love our phones? And look at how much we pay to buy them and support them monthly. Here is my question: Do you love your church as much as your phone? What would happen to your phone if you did not pay your monthly bill for cell service? Surely you would not miss that payment. And here is my point this month: Consider supporting your church at least as much as your cell phone this month. That will be a great starting point, and the spiritual service will not be disconnected. Remember that the Lord loves a cheerful giver.

Fred MacDonald
Parish President



Scripture Readings

Saturday, April 11th

- [Ezekiel 37:1-14](#)
- [1 Corinthians 5:6-8; Galatians 3:13-14](#)

Saturday, April 25th

- [James 1:1-12](#)
- [James 1:13-27](#)

Children's Corner

My Easter Basket

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

Circle the words below in the puzzle on the left

BABKA
 BEETS
 BUTTER
 CANDLE
 COTTAGECHEESE
 EGGS
 EMBROIDERY
 GREENONIONS
 HAM
 HORSERADISH
 PASKA
 PUSSYWILLOWS
 PYSANKA
 SALT
 SAUSAGE



Birthdays

Nazar

April 22nd

Anniversaries

Luba and Dr. Mark April 13th

Irene and Fred April 26th

Prayers for those in our Community

Dbr Sokyrka

Iris

Harold

Elaine

Marika

Uli



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

Do not be upset when people only remember you when they need you. Feel privileged that you are like a candle that comes to their mind during their darkest hours.

St. Nectarios of Agina

NOTICES

Allergy Alert

St Mary's church has a number of parishioners 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, doorknob 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 parishioners and provide the people with this severe allergy a safe environment.

As such, people are to ensure that they do not bring any food item containing peanuts / nuts to church for lunches.

Dates for April Services At Saint Mary's Saturday, April 11th

9:30 Bringing in the Shroud

10:00 Divine Liturgy

11:30 Blessing Baskets

(No Fellowship Lunch)

Saturday, April 25th

10:00 Divine Liturgy

Potluck Fellowship Lunch
to Follow

Easter Services over Zoom From the Vancouver Cathedral

Thursday April 9th

Holy Thursday Service, Reading of the 12 Gospels Zoom Service with Father Roman from Vancouver Cathedral 7:00pm

Friday April 10th

Good Friday Service Zoom with Father Roman from Vancouver Cathedral 7:00pm



Find us on FACEBOOK

We have a Facebook page for St. Mary's. Please follow and like our page. New information is posted on that site as well as notices of online sessions, educational information and even humor!



Go to St. Mary the Protectress Parksville.

Reminder: Lenten Coin

Reminder, please bring your jars of coins that you collected from your calendar's collections to the next Service.



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.



First Delivery

Here is Vitaly Filipenko receiving the first generator and power pack in Hnivan, Vinniytsa region of Ukraine. Vitaly is the older brother of Serhii Filipenko. He lost his leg while serving in the Kherson region. Vitaly will be working with us to identify more injured veterans or widows that will receive future shipments.

Serhii worked very closely with us on this first purchase and we learned a lot about the buying and shipping process. This will help us to move forward.

Easter Sunday

Christ is Risen!



It is traditional that during the Great Fast (Lent), the faithful fast and abstain from meat and dairy products as much as possible. To show their joy and gratitude at the end of this time of fasting, people take baskets of food to Church. These are to be blessed and then consumed on Easter morning to “break-fast”.

The traditional Ukrainian Easter morning breakfast

of hard-boiled eggs, various meats, sausages and ham, butter, decorative paska, salt, horseradish, and cheese is a very special treat. This meal is very much looked forward to, especially in light of the symbolism of the foods that are consumed.

In the Ukrainian tradition, the food in the Easter baskets symbolize:

- **Paska** — Christ, Our Bread of Life
- **Eggs** — New Life and the Resurrection of Christ
- **Horseradish** — The Passion of Christ
- **Bacon** — God’s Mercy
- **Cheese** — the moderation that Christians should show in all things
- **Salt** — The duty of Christians to others
- **Ham** — The great Joy and abundance of Easter
- **Butter** — The Goodness of Christ
- **Kielbasa** — God’s Favor and Generosity



A Prayer for Peace in Ukraine

Heavenly Father, Your Son taught us *“Blessed are the Peacemakers for they shall be called Children of God.”* In this time of great worry, we fervently pray that Your Holy Spirit sustain all the people of Ukraine to be vigilant and dedicated to peace and justice. Grant their leaders wisdom and prudence. Yet, may they also have the strength and perseverance to defend their land from all adversity and foreign attacks. Help us all to live according to your Divine Will.

O God, our Father, in the days to come, we beseech you to comfort the suffering, heal the wounded, and accept the souls of the faithful departed into Your Heavenly Kingdom. We ask also that the Most Holy Mother of God extend her blessed mantle of protection over our Ukraine. Amen.

Photos



Photos from the Pysanka Workshop held March 21st

Photos from Vic and Iris' Farewell



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!