



ST. ELIA'S NEWSLETTER

JULY - AUGUST 2023

**СЛАВА ІСУСУ ХРИСТУ!
СЛАВА НАВІКІ!**

**GLORY BE TO JESUS CHRIST!
GLORY FOREVER!**

SUNDAY WORSHIP HOURS:

9:00 am Confessions
9:30 am Divine Liturgy

UPCOMING EVENTS

COUNCIL MEETING

Sunday, July 16th, 2023
after Divine Liturgy

What a Marvel! She has fallen asleep! She has fallen asleep! She who gave birth to the life and resurrection of the world has fallen asleep! By the grace that came from her, every spiritual and intellectual nature shares eternal life. Her Son is the one Who has despoiled the underworld and death, Who has "neutralized the devil" (*Heb2:14*), Who will raise up by His command (*2Thess4:16*) those who have died since time began and who sleep in Him – the One Who is Lord, and Who says, "I am the resurrection and the life" (*Jn. 11:24*). She follows Him as His Mother, the all-holy one, and says to him in a kind of prophetic address, "My heart has not grown tired following after You, and has not longed for the day of men and women" (*Jer.17:16*)
Holy Modestus, Archbishop of Jerusalem (4th Century)

CONTACTS

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• **WEBSITES**

St. Elia: www.uocc-stelia.ca
Ukrainian Orthodox Church of Canada: www.uocc.ca
Western Eparchy: www.uocc-we.ca

• **CLERGY**

PRIEST: Very Rev. Mitred Archpriest Fr. Georg Podtepa
Home: 780-477-2583 / Cell: 780-984-6290
Rev. Fr. Vasyl Maskal Cell: 306-229-7743

• **COUNCIL**

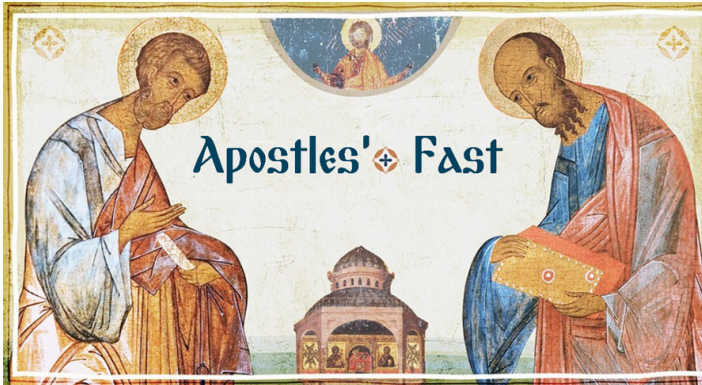
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FAST OF THE HOLY APOSTLES

Origins of the Fast of the Apostles



The Fast of the Holy Apostles is dated back to early years of the church. The first evidence of this fast is found in the writings of St. Athanasius the Great (†373). In his letter to Emperor Constance, he writes: “During the week following Pentecost, the people who observed the fast went out to the cemetery to pray.” Some 20 years later, St. Ambrose (†397) writes: “On the days following his ascension into heaven, however, we again fast” (Sermon 61).

The famous pilgrim Egeria mentioned the Apostles’ Fast also in her fourth-century-writing which records that “on the day following the feast of Pentecost, a period of fasting began”. In the same period, the fourth century, the Apostolic Constitutions prescribes: “After the feast of Pentecost, celebrate one week, then observe a fast, for justice demands rejoicing after the reception of the gifts of God and fasting after the body has been refreshed.”

Until the second half of the 3rd century, the Fast of the Holy Apostles was linked to Pentecost and lasted only for one week (Apostolic Constitutions). Later on, after the martyrdom of the apostles Peter and Paul and following the development of the commemoration of their death around the year 258, the Apostles’ Fast became linked to the feast of Saints Peter and Paul on June 29. Consequently, it became a fasting period of preparation for the celebration of the feast of the great apostles.

St. Symeon of Thessalonica (†1429) explains: “The Fast of the Apostles is justly established in their honor, for through them we have received numerous benefits and for us they are exemplars and teachers of the fast ... For one week after the descent of the Holy Spirit, in accordance with the Apostolic Constitution composed by Clement, we celebrate, and then during the following week, we fast in honor of the Apostles.”

Subsequently, the duration of the Fast of the Holy Apostles changed from one week to a variable period depending on the date of the Feast of Pascha (Easter).

Duration of the Fast of the Apostles

The fast of the Holy Apostles starts on the second Monday after Pentecost. The duration of this fast varies, depending on the date of Pascha (Easter). The rule is that the Fast starts on the second Monday after Pentecost and ends on June 29, on the feast of Saints Peter and Paul. According to the new calendar, the Apostles’ Fast could last as short as 8 days and as long as 30 days (42 days according to the old calendar).

Fasting Rules of the Fast of the Holy Apostles

The Fast of the Holy Apostles is not as strict as the Fasts of Pascha and the Nativity of Christ; rather it is more lenient in its duration and rules. The current rules of fasting, during the Apostles' Fast, were established first for the monks of the Monastery of the Kiev Caves by Metropolitan George of Kiev (1069-1072). These rules are still practiced today amongst most Orthodox Christians with minor variations, depending on the jurisdiction.

The rules are:

- 1- Red meat, poultry, and dairy products are not allowed during the entire fasting period in all weekdays.
- 2- Fish, wine, and oil are allowed on all days except on Wednesdays and Fridays.

Conclusion

The Apostles fast has emerged since the very early days of Christianity. It is honored and preserved in the Church as a part of our Holy Tradition. Like all Fasts in the Orthodox Church, the Holy Apostles' Fast aims to help us put on the "armor of light" against the attacks of the enemy that may befall during our spiritual journey to become united with God through His grace.

No better words may express the importance of fasting in our life like the words of St. Abba Isaac the Syrian who says, "... since fasting is a weapon established by God ...the human race knew no victory before fasting, and the devil was never defeated by our nature as it is: but this weapon has indeed deprived the devil of strength from the outset... As soon as the devil sees someone possessed of this weapon (fasting), fear straightway falls on this adversary and tormentor of ours, who remembers and thinks of his defeat by the Saviour in the wilderness; his strength is at once destroyed and the sight of the weapon given us by our Supreme Leader burns him up. A watchful Christian armed with the weapon of fasting is always afire with zeal. The faithful who remains therein, keeps their mind steadfast and ready to meet and repel all violent passions."

The Approaching Dormition Fast

The Dormition Fast is preparation for the Feast of the Dormition of the Mother of God; her falling asleep in the Lord. The Theotokos was without stain, pure, and led a very temperate way of life. Tradition even tells us that she led a life-long fast. Thus, the meaning of this fast is to participate in the pure and spotless abstinence of the Mother of God in preparation for the Feast of her Dormition.

According to the Typicon, this fast is considered strict. From Monday to Friday only xerophagy [literally, "dry-eating," i.e., food prepared without oil] is allowed, and on weekends oil may be added to food (in our case, vegetable oil). Fish is permitted only on the Feast of the Transfiguration of the Lord. In terms of strictness, this fast is not inferior to Great Lent, the only difference being that the Dormition Fast is short: two weeks in all. Moreover, it is not spring, when all that is available is melted snow, but August, in which we rejoice in an abundance of vegetables and fruits.

During the Dormition Fast there are three feast days in honor of the Savior: they are called "Saviors." On these days the blessing of the fruits of the earth take place. The "first Savior" is the feast in honor of Christ's Cross, which takes place at the beginning of the fast, on August 14. On this feast there is a blessing of honey. The "second Savior" is the Feast of the Lord's Transfiguration (August 19), which includes the blessing of grapes. The "third Savior" is the feast of the translation of the Icon Made-Without-Hands from Edessa to Constantinople (August 29), which is celebrated on the day following the Dormition of the Most-Holy Theotokos. On this day bread of the new harvest is blessed.

The services that take place in churches during the Dormition, Apostles', and Nativity Fasts, unfortunately, do not differ much from one another. This external similarity may lead to a spiritual devaluation of the fasts, with many people thinking of them only in terms of a limitation of food. Great Lent is, in this sense, a pleasant exception. But, if we pay attention to our church calendars and look ahead to the feast, the time of fasting takes on new meaning. According to our individual strengths and ability to fast, that little bit of self-denial and restraint finds its reward in the breaking of the fast on the day of the feast. Our anticipation places us at the threshold of a greater joy! We are refreshed both in body and in spirit! Most Holy Mother of God, Pray for us!

There are some particularities in terms of the divine services, only they are not performed in the average parish, or even in monasteries. These particularities are common to all three fasts. For example, on certain days the Divine Liturgy is not served and one should read the prayer of St. Ephraim the Syrian, "O Lord and Master of my life..." with full prostrations. However, in our minds this prayer is firmly connected with Great Lent, so it seems somehow unusual to perform it during other fasts. But, by all means please do so. It is not wrong.

Despite the external similarity of the divine services of these fasts, we know them to be unique during the yearly cycle of feasts. The Apostles preached in all places and witnessed to the societies they lived in; proclaiming Christ by their life of worship and charity. The Most Holy Theotokos, the Ever Virgin Mary, lived the life of a mother who gave birth to Jesus Christ; God the Word. In like manner she is mother to all Christians who bear the spirit of Christ in their hearts. She stands before the throne of glory, hearing our prayers and asking her Son, Our God, on our behalf; Most Holy Theotokos save us!

*** Free Store for Ukrainian Newcomers ***

Hours for the week of June 26 2023 will be as follows:

Tuesday, 15:00 to 19:00 - Shopping and Donation Drop Off

Thursday, 13:00 to 15:00 - Donation Drop Off from the List Only

DONATIONS ACCEPTED

- Diapers all size and Baby Wipes, baby shampoo/lotion, diaper cream
- Toiletries; Shampoo, Full Size Toothpaste, Toothbrushes, Maxipads, Shower Gel, soap, razors and shaving foam
- PILLOWS, towels, pillows with NO RIPS, NO STAINS, MUST BE FRESHLY LAUNDERED (Queen and twin size preferred)
- Children's Spring Clothing; New/ next to new condition, freshly laundered, shoes only if in new/next to new condition and CLEAN
- Housewares; Microwaves, coffee makers, toasters, kettles, irons, kitchen utensils, dishes, pots, pans and cookware. Please check to ensure these are in new/next to new condition and CLEAN
- Baby stroller for newborn
- CHILDREN'S CLOTHING; We can also accept used men's/women's clothing, clean, free of stains and rips, and in new, next to new condition.

Please leave items along with your Food Bank donations and Mission Outreach of St Elia will make sure they get to the Free Store. Bless you!

Upcoming news/events in the Ukrainian Community

ACUA Events & Workshops

Alberta Council for the Ukrainian Arts: 780-488-8558 / info@acuarts.ca
10554 110 St NW Unit 100 Edmonton, AB T5H 3C

ACUA Regular Hours:

Tue-Thu 10am-4pm / Friday 2pm-7pm / Saturday 11am-3pm

Note: ACUA will be closed Saturday July 1st, 2023. Happy Canada Day!

EMBROIDERING MARIA PRYMACHENKO JUL 08, 2023 TO JUL 15, 2023

100 embroidered pieces by Ukrainian Women displaced by the war. Embroidery is based on Maria Prymachenko paintings.

Exhibit has shown throughout Europe. Supported by people around the world.

Designed by Polish artist Nisia Jedrychowska.

Exhibit will be at ACUA from July 8-15, 2023 during regular gallery hours.

UKRAINIAN VINTAGE SALE JUN 24, 2023 TO AUG 01, 2023 Items on sale at ACUA until August 1st!



All things Ukrainian Vintage:

Ukrainian clothing, costumes, jewelry, pottery, ceramics, embroidery, weaving, carving, artwork, crafts, religious items, pysanky, books and MORE!

Find a hidden gem, or replace that broken plate Baba hasn't found out about yet... Add to your dining set, maybe even some shot glasses to get your Ukrainian party started! Maybe you'll find a rare Mickey and Bunny record, or an old cookbook for some new recipes! Get in boho chic style with a vintage Ukrainian shirt!

Come down and visit with items from your childhood, and come out to have some old-fashioned fun!

Ukrainian Cultural Heritage Village

Located 25 minutes (50 kilometres) east of Edmonton on Highway 16, 3 kilometres east of Elk Island National Park

Ukrainian Village Music Fest **Sunday, July 16 10:00 am - 5:00 pm**

Sit back, tap your feet and enjoy a blending traditional and contemporary Ukrainian-Canadian music at the annual Ukrainian Village Music Fest, presented by the Friends of the Ukrainian Village Society. Founded in 1986, the Ukrainian Village Music Fest (formerly known as the Friends Ukrainian Music Fest), is a multi-genre music festival held in support of the Ukrainian Cultural Heritage Village.

Featuring a mixture of emerging and established musical acts, the Ukrainian Village Music Fest celebrates Ukrainian culture, folk music, and the vibrant history of east-central Alberta.

Regular site admission applies on event days.



Ukrainian Day **Sunday, August 20**

Ukrainian Day returns to the Ukrainian Cultural Heritage Village in 2023!

Presented by the Ukrainian Canadian Congress - Alberta Provincial Council.

Program and event details will be available at our website soon.

www.ukrainianvillage.ca

*** DONATION NEEDED FOR ALTAR UPGRADE ***

We are planning to update our altar with a 7-branch candelabra and tabernacle.

We greatly appreciate any help towards this initiative. Please make a separate donation towards these items. Thank you.



7-branch Candelabra



Tabernacle

UKRAINIAN ORTHODOX CHURCH OF ST.ELIA

ORDER OF SERVICES FOR JULY 2023.

2. - SUNDAY..... 4-th.SUNDAY AFTER PENTECOST 9:30 A.M.
 9. - SUNDAY..... 5-th. SUNDAY AFTER PENTECOST 9:30 A.M.
 16. - SUNDAY..... 6-th.SUNDAY AFTER PENTECOST 9:30 A.M.
 23. - SUNDAY.....7-th.SUNDAY AFTER PENTECOST 9:30 A.M.
 30. - SUNDAY.....8-th.SUNDAY AFTER PENTECOST 9:30 A.M.

ORDER OF SERVICES FOR AUGUST 2022.

6. - SUNDAY..... 9-th.SUNDAY AFTER PENTECOST 9:30 A.M.
 13. - SUNDAY..... 10-th.SUNDAY AFTER PENTECOST 9:30 A.M.
 20. - SUNDAY..... 11-th.SUNDAY AFTER PENTECOST 9:30 A.M.
 27. - SUNDAY..... 12-th.SUNDAY AFTER PENTECOST 9:30 A.M.

