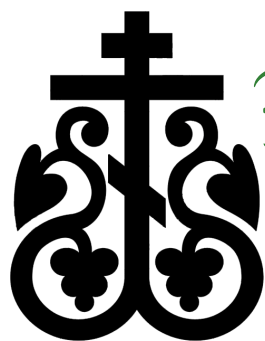


District Priest: Fr. Peter Haugen - 587-252-2715  
District President: Ron Rusnak - 780-826-2062  
Newsletter Contact: Dobr. Erin Haugen - 587-252-3410

November / December 2015  
Volume 2, Issue 4



# Bonnyville & District Parish News

## From the Editor

By Dobr. Erin Haugen

The snow has finally fallen and the festive season is upon us! I apologize for the delay this month - I'm still adjusting to a much busier schedule in our household. As such, this newsletter covers both November and December. Updates and announcements will be included in the weekly bulletins and following church services. Some exciting stuff coming up for the kids in our parishes - So take a peek!

## PASTORAL MESSAGE

Submitted by Fr. Peter Haugen

### Христос посеред нас! Christ is amongst us!

As of late, I have been asked a similar question by many of our parishioners, "How should I be receiving communion?" And while I have answered this question for those people, I felt that this may be a topic of interest for others as well. Should you have any further questions, please do not hesitate to bring them to my attention.

The chalice, which is the cup of salvation, is a special cup which holds the wine that becomes the blood of Christ. During the Divine Liturgy we pray with the priest that God the Holy Spirit may change the bread and wine into the Body and Blood of Jesus. This means that when we come to receive Holy Communion, Jesus comes to live in us. What should we do to prepare to receive the Body and Blood of Jesus? We should pray. We should have love in our hearts for all people. We should ask forgiveness from God and from our parents, brothers, and sisters. Also from anyone we may have hurt. On the



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Ukrainian Orthodox  
Church of Canada

[www.uocc.ca](http://www.uocc.ca)

Western Eparchy

[www.uocc-we.ca](http://www.uocc-we.ca)

Bonnyville/St. Paul  
Parochial District

[www.bonnyvilleanddistrictuoc.ca/](http://www.bonnyvilleanddistrictuoc.ca/)

Ancient Faith Radio

[www.ancientfaith.com](http://www.ancientfaith.com)

morning before going to the Divine Liturgy to receive Communion we do not eat or drink anything if our health allows, just as one would not spoil his appetite by eating before a special meal, so we sharpen our spiritual appetite for Christ through such fasting. But we must never allow an overemphasis on fasting to become a wall separating us from Christ Who wishes to come to us in every liturgy.

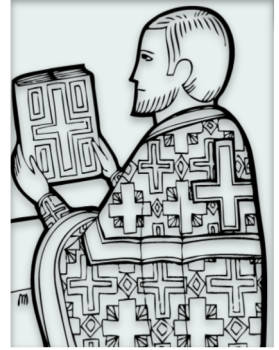
When we come before the priest for Holy Communion, our hands should not be in our pockets, but at our sides or crossed over our chest. As we approach, it is always helpful to tell the priest our baptismal name, even if you feel the priest should know it. Many of us have moments when common things slip from thought and a simple practice of speaking our names allows the priest to concentrate of the prayer and distribution of the gifts without fear of embarrassment. When one is ready to receive the gifts, it is important to open your mouth wide and tilt your head slightly back. This assists the priest in making sure the gifts are properly given and there is little chance for anything to spill or fall. Some find it helpful to hold the Communion cloth carefully under their chin. After receiving Communion it is our custom to carefully venerate the bottom of the chalice. We must always be careful that we do not allow Communion to fall from the communion spoon or from our lips onto our clothing or to the floor. For this reason we move very slowly toward the chalice and the communion spoon, and we do not pull our head away quickly after receiving. We are careful not to bump the chalice or the hand of the priest.

Once we have received Communion, we must remember that we have become one with Christ and with all those who received Communion with us. The same Christ now lives in all of us. We are all living icons of Jesus. It is by loving one another that we love Jesus. After receiving Communion our bodies become holy chalices. God has come to live in us. His blood now flows through our veins. When we receive Communion, we become members of Christ's Body, the Church. This means that Jesus has no eyes but our eyes, no feet but our feet to do His work in the world today.

Edited Portions taken from Let's Take a Walk Through Our Orthodox Church, and Introducing the Orthodox Church by Anthony M. Coniaris / Light and Life Publishing

Yours in Christ,

*Fr. Peter Haugen*



## Liturgical Scripture Readings

*November 2015*

Sunday, November 1st  
*22nd Sunday after  
Pentecost*

Epistle: Gal. 6:11-18;  
Gospel: Luke 8:5-15.

Sunday, November 8th  
*23rd Sunday after  
Pentecost*

Epistle: Eph. 2:4-10;  
Gospel: Luke 16:19-31.

Sunday, November 15th  
*24th Sunday after  
Pentecost*

Epistle: Eph. 2:14-22;  
Gospel: Luke 8:24-39.

Sunday, November 22nd  
*25th Sunday after  
Pentecost*

Epistle: Eph. 4:1-6;  
Gospel: Luke 8:41-56.

Sunday, November 29th  
*26th Sunday after  
Pentecost*

Epistle: Eph. 5:8-19 &  
1 Cor. 4:9-16;  
Gospel: Luke 10:25-37 &  
Matt. 9:9-13.

**Newsletter  
Submissions  
Needed!**

Please keep the submissions for the newsletter coming! Announcements, reports, stories, photos... If you want to share it, we want to see it! Please feel free to submit to me anytime.

Dobr. Erin Haugen:  
ehaugen@hotmail.ca  
587-252-3410

**Fr. Peter's Contact  
Information:**

5525-55 Ave.  
St. Paul, Alberta  
ToA 3A1

**Phone:**

587-252-2715

**Email:**

pmthaugen@hotmail.com

*If anyone you know is in the Hospital, or are at home ill and would like a visitation from me, please contact me and I will make immediate arrangements to meet with them.*

**ST. PAUL IS STARTING A SUNDAY SCHOOL!**

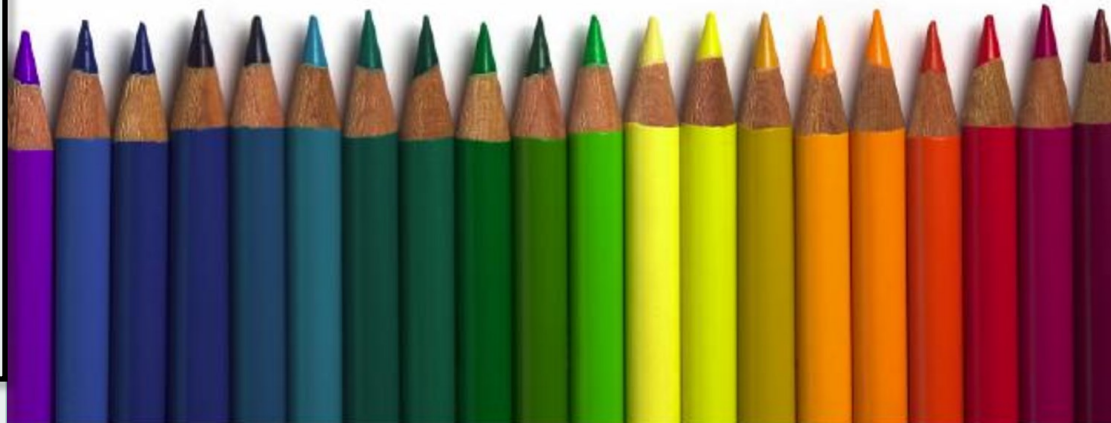
**All Saints Parish in St. Paul  
will be offering Sunday School  
beginning in January 2016!**

**First Session:**

**Sunday, January 3rd**  
**Theme: 'The Nativity'**  
**(Gingerbread Nativity  
Scenes will be part of the lesson!)**

**Second Session: February 7th**

**If you have children,  
or have friends with children -  
Please invite them!**



## Submissions:

Donate your refundable bottles to Kiev's-K-Hi.



We have an account at The Dove Centre in Bonnyville. All you have to do is take your bottles to The Dove Centre and say they're for Kiev's-K-Hi. I just drop off mine in a garbage bag and write Kiev's-K-Hi on it. No waiting in line and it's going for a good cause. If you can't drop them off, email us at [kievskhi@gmail.com](mailto:kievskhi@gmail.com) or call one of the executive and we will arrange to get them picked up.

If you get a chance check out our new website:  
[www.kievskih.com](http://www.kievskih.com)

*Elaine Rusnak*



### We have a new Baba in our midst!

Elizabeth Pundick  
proudly presents her  
grandson:

### Logan Walter

born  
July 14, 2015

to parents  
**Matthew & Amee  
Pundick**



### Liturgical Scripture Readings

*December 2015*

Sunday, December 6th  
*27th Sunday after  
Pentecost*  
Epistle: Eph. 6:10-17;  
Gospel: Luke 12:16-21.

Sunday, December 13th  
*28th Sunday after  
Pentecost*  
Epistle: Col. 1:12-18 &  
1 Cor. 4:9-16;  
Gospel: Luke 13:10-17 &  
John 1:35-51.

Sunday, December 20th  
*29th Sunday after  
Pentecost*  
Epistle: Col. 3:12-16;  
Gospel: Luke 17:12-19.

Sunday, December 27th  
*30th Sunday after  
Pentecost*  
Epistle: Col. 3:4-11;  
Gospel: Luke 14:16-24.



# PEROGY SUPPER SUCCESS!

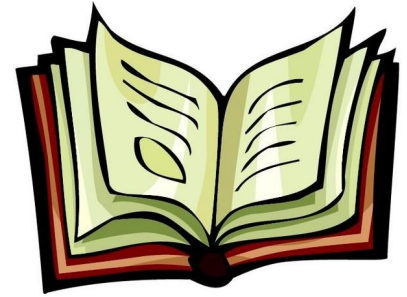
Over 300 mouths fed!  
Thank You!





## Bible Study Continues!

*Led by Fr. Peter Haugen*



This month we will be beginning the bible study series on the Acts of the Apostles. This book covers the events of the Apostles following the Resurrection of Christ. The dates are as follows:

**Session 2:** Monday, November 16th - St. Paul @ 6:30  
Thursday, November 26th - Bonnyville @ 6:30

**Session 3:** Monday, November 23rd - St. Paul @ 6:30  
Thursday, December 3rd - Bonnyville @ 6:30

**Session 4:** Monday, November 30th - St. Paul @ 6:30  
Thursday, December 10th - Bonnyville @ 6:30

*“O Lord Jesus Christ, Son of God. Have mercy on me, a sinner .”  
-Jesus Prayer*

## WEBSITE

**Don't forget we have a website!**

It is under a bit of construction, but you can find updates, locations, and a long term schedule there. Photos will be coming soon as well. Check it out!

[www.bonnyvilleanddistrictuoc.ca/](http://www.bonnyvilleanddistrictuoc.ca/)

**We're also on Facebook!**  
Look up:

Bonnyville District of the  
Ukrainian Orthodox Church of  
Canada

*All Saints*  
**St. Paul, AB**  
Dwayne Ternovoy  
780-614-0858

*St. Elias*  
**Bonnyville, AB**  
Janet Hutskal  
780-573-3470

*Sts. Peter & Paul*  
**Nowa Bukowina, AB**  
Sandra Yuschyshyn  
780-645-4815

*Holy Trinity*  
**Glendon, AB**  
Joyce Drapaka  
780-645-3760

*All Saints*  
**Sandy Rapids, AB**  
Ron Rusnak  
780-826-2062

*Descent of the Holy Spirit*  
**Stry, AB**  
Marion Chimko  
780-636-2870



# November 2015

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1 Divine Liturgy 10:00 AM <b>St. Paul</b>	2	3	4	5	6 <b>Perogy Supper St. Paul 5:30 pm</b>	7
8 Divine Liturgy 10:00 AM <b>Nowa Bukowina</b>	9 <b>Bible Study St. Paul 6:30 pm</b>	10	11	12 <b>Bible Study Bonnyville 6:30 pm</b>	13	14
15 Divine Liturgy 10:00 AM <b>Sandy Rapids</b>	16 <b>Bible Study St. Paul 6:30 pm</b>	17	18	19	20	21
22 Divine Liturgy 10:00 AM <b>Glendon</b>	23 <b>Bible Study St. Paul 6:30 pm</b>	24	25	26 <b>Bible Study Bonnyville 6:30 pm</b>	27	28 <b>Nativity Fast Begins</b>
29 Divine Liturgy 10:00 AM <b>Bonnyville AGM</b>	30 <b>Bible Study St. Paul 6:30 pm</b>					

A more detailed and long-term schedule is available on the website and of course from Fr. Peter and your District Executive members. The schedule above and those in future newsletters are meant to serve as a visual reminder of services for the month. Please be sure to take note of the time and location of each service (again, due to space I could not include full names of parishes, locations, etc. ). Fr. Peter will continue to announce upcoming services and events at church as he has been doing. Think of this as 'the month at a glance'!

# December 2015

Sun

Mon


Tue

Wed

Thu

Fri

Sat

		1	2	3 Bible Study Bonnyville 6:30 pm	4	5
6 Divine Liturgy 10:00 AM St. Paul	7 Bible Study St. Paul 6:30 pm	8	9	10 Bible Study Bonnyville 6:30 pm	11	12
13 Divine Liturgy 10:00 AM Nowa Bukowina	14	15	16	17	18	19 St. Nicholas Kiev's K Hi Details TBA 
20 Divine Liturgy 10:00 AM Bonnyville	21	22	23	24	25	26
27	28	29	30	31		

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