



BICHUK BULLETIN

HOLY TRINITY UKRAINIAN CATHOLIC CHURCH

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November 23, 2025

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*Twenty-fourth Sunday after Pentecost;
Post-feast of the Entrance of the Mother of God*

Luke 8:41-56



Divine Liturgies:

Sundays: 9:00 a.m. (Ukrainian) & 11:15 a.m. (English)

Monday-Friday: 8:00 a.m.

Saturdays: 5:00 p.m.

Holy Days of Obligation: 10:00 a.m. & 7:00 p.m.

Baptisms & Funerals: By arrangement.

Marriages: By arrangement eight months in advance.

NOTE: Marriage preparation course required.

Confessions: 20 minutes before Sunday Divine Liturgies, or by appointment.

Pastor: Fr. Iryney Valyavka, OSBM

Assistant Pastor: Fr. Yosafat Oliynyk, OSBM

Parish Secretaries (part time): Lorraine Stoyko & Michelle Yakimetz

HOLY TRINITY PARISH OFFICE HOURS (Monday – Friday) 9:30 a.m. to 12:00 p.m. and 1:00 p.m. to 4:00 p.m.

The Spiritual Meaning of Christmas: More Than Just Gifts and Glitter

When we think of Christmas, it is easy for our mind to go straight to the twinkling lights, wrapped presents, and festive focus echoing in every store. But beneath the ribbons and holiday hustle lies something far deeper something ancient, sacred, and profoundly spiritual.

So, what is the spiritual meaning of Christmas? Why does this holiday stir something in our souls that feels...beyond words?

Let's unwrap the true essence of Christmas – its spiritual roots, cross cultural symbols, and timeless message for the human spirit. At its heart, the spiritual meaning of Christmas centres around renewal, hope, light overcoming darkness, and unconditional love. While many associate the day with the birth of Jesus Christ, the symbolism reaches far beyond Christianity and touches on universal truths embraced by spiritual traditions across the world.

Christmas takes place near the winter solstice, the longest night of the year. Spiritually, this timing is powerful. Cultures throughout history have seen this as a time when the light begins to return, a sacred metaphor for inner awakening, enlightenment and spiritual rebirth.

In essence, Christmas invites us to look inward and rekindle our own divine spark. In Christian tradition, Christmas marks the birth of Jesus, often referred to as the light of the world. Whether one identifies as Christian, the archetype of a divine child being born in humble surroundings symbolizes: new beginnings, purity of heart, the triumph of spirit over materialism. From a symbolic perspective, the Christ child represents the inner child, the divine self that exists in all of us waiting to be nurtured, awakened, and brought into the light.

For more reflections on Christmas, search online for Ron Rolheiser, Spiritual Meaning of Christmas.

Philip's Fast (advent) gives us that opportunity to prepare spiritually for the feast of Christmas. How do we make use of this time?

ST. PHILIP'S FAST (NATIVITY FAST) FOR FAMILIES

Week 2: Presentation of the Theotokos

According to tradition, the parents of the Virgin Mary, Righteous Joachim and Anna, praying for an end to their childlessness, vowed that if a child were born to them, they would dedicate him or her to the service of God. Their prayers were answered, and when their daughter reached the age of three, they gathered together their relatives and acquaintances, and dressed the all-pure Mary in Her finest clothes. With the singing of sacred songs and lighted candles, virgins escorted Her to the Temple (Ps. 44/45:14– 15). There the High Priest and several priests met the handmaiden of God. Then the High Priest, through inspiration from above, led the Most Holy Virgin into the Holy of Holies inside the Temple.

Pray the Troparion of the Week:

Today is the prelude of the good pleasure of God,
and the proclamation of salvation for the human race.
In the temple of God the Virgin is clearly revealed and
beforehand announces Christ to all.

To her, then, let us cry out with a mighty voice:
Rejoice, fulfillment of the Creator's plan.

Reflection for Adults – Parents:

- How have you “encountered God in the Temple” in your participation in the worshipping and in the life of the Church?
- Have you dedicated your life to God or is this something you need to work on? What might that look like?

Family Discussion:

- What are some of the things you each enjoy about praying in Church?

- What are some ways your family serves God through the Church? Are there new ways that you would like to serve him through the Church?
- Because Mary lived a life of service to God and she is a model for us, brainstorm about St. Philip's Fast projects and activities (e.g. charitable acts) that you can accomplish individually and as a family. These could be ways that you serve God through others.

Pray the prayer to the Most Holy Mother of God that she may guide you to serve God with your whole life as she did:

Rejoice, Mother of God,
 Virgin Mary, full of grace,
 the Lord is with you.
 Blessed are you among women,
 and blessed is the fruit of your womb;
 for you have borne Christ,
 the Saviour and Redeemer of our souls. Amen.

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Holodomor: Let Us Remember

In memory of all those who perished in 1932–33 from the **Holodomor**, our church is once again sponsoring a **food drive** for the Vegreville Food Bank. Parishioners are asked to bring non-perishable food items and put them in the specially-marked boxes in the vestibule. All donated items will be delivered to the Food Bank in December. Thank you in advance for supporting this worthwhile cause by showing kindness to those who are suffering in our community, in memory of the cruelty received by our ancestors.

Feast of St. Nicholas Family Activities – December 6

This year, the Feast of St. Nicholas falls on Saturday. We will have the following events for children and families to celebrate this Feast Day:

Ornament Making Family Activity – for children ages 5 to 12 with accompanying adult(s), or teens 13+ (may attend without an adult).

Saturday, December 6: 10:30 a.m.–12:30 p.m. in the Church Basement

Children 5 and older are invited to participate in making Christmas ornaments. These ornaments will decorate the children's Christmas Tree located in the church foyer on December 6. A parent or grandparent is asked to accompany children ages 5 to 12 to help assemble the ornaments. Children will also learn about St. Nicholas, and we will end with a Pizza lunch for all.

Please phone the Parish Office (780–632–3433) if you will be attending, and provide names and ages of the children and the accompanying adult(s), and number of people staying for lunch. Numbers are needed to ensure we have enough ornament kits and pizza.

Registration Deadline: Wednesday, December 3

St. Nicholas Feast Day Celebration – December 6th

Join us for a festive Potluck following the 5:00 p.m. Divine Liturgy. We will also have the lighting of the Nativity Scene and the arrival of St. Nicholas. Everyone is welcome!

Important: Please call the Parish Office to let us know how many children will be attending and their names and ages for St. Nicholas gifts.



Backpacks for Orphans in Ukraine:

These backpacks are distributed to orphans as well as to very poor children in Ukraine. For any child, receiving a gift is a joyous occasion. But for those who are in need, especially during this time of war and uncertainty, it is a gift from heaven.

Please note deadline: Backpacks must be delivered to the Parish Office by Friday, November 28th at the very latest.

Parishioners wishing to support this project are asked to please include a donation of \$10.00 (cash or a cheque written to Bridge of Hope) with your gift, and place it in a sealed envelope on top of the items in the bag to cover the cost of shipping.

1. Find a new backpack or (resealable) shoe bag; these bags can be used by the child year-round.
2. Decide whether your Gift will be for a boy or a girl and the **age category: 2-4, 4-6, 6-8, 8-10, 10-12, 12-14, 14-16.** Lightly tape a label onto the bag.

SUGGESTED GIFTS: In each gift bag, try to include toothpaste, a toothbrush and something from each of these categories:

HYGIENE ITEMS: soap bar, comb, brush, washcloth, band-aids, chap-stick, emery boards, etc. (**do not give** shampoo, bath gel, or any other liquids; these items can break during shipping and damage everything else in the bag).

SCHOOL SUPPLIES: pens, pencils, sharpeners, erasers, crayons, markers, notebooks, sketchpads, solar calculators, coloring books, etc.

TOYS: Rubik's Cube, puzzle, small car, ball, doll, stuffed animal, yo-yo, small Etch A Sketch, puzzles, foam blocks, etc.

OTHER: Religious articles, sunglasses, craft items, hair clips, manicure sets, candy (must be individually wrapped), sugarless gum, watches, toy jewelry, T-shirt, gloves, toque, underwear, socks, hat, sweater, scarves, slippers, shoes, gifts with the Canadian flag/maple leaf, etc.

Please do NOT include: Liquids or gels of any kind, aerosol sprays, unwrapped/loose candy (individually-wrapped candy is accepted), play dough, glass/breakable items, books, playing cards, battery-operated items, war or violence-related toys, knives, very heavy items, or used items.

Perohy and Holoptsi for Sale:

To order, please call the Parish Office at 780-632-3433.

- **Potato & cheddar perohy and potato & cottage perohy**– \$7.00/dozen, packaged in bags of 5–dozen.
- After December 10th, **potato & saurkraut perohy** will be available for a limited time – \$10.00/dozen, packaged in bags of 2–dozen.
- **Sweet holoptsi** – \$30.00/tray, with approximately 4–dozen per tray.
- **Sour holoptsi** – \$35.00/tray, with approximately 4–dozen per tray.

Upcoming Catering Work Bees – Volunteers Needed!

- **Wednesday, November 26th: Perohy Supper.** Help is needed through the hours of 9:00 a.m. until 8:00 p.m. Any amount of time you can put in is greatly needed to help this fundraising event be successful.
- **Wednesday, December 3rd: Catering Crop Management lunch event.** *Signup sheets for various shifts are now available in the vestibule.* Volunteers needed!
- **Tuesday, December 9th: Making Perohy** at 9:00 a.m. in the Parish Hall. Volunteers needed!
- **Wednesday, December 10th: Catering Hospital Christmas Party lunch.** Signup sheets available soon.

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Sixteenth Annual Bishop's Gala: Join us for an inspiring evening on **Thursday, December 4, 2025**, at the Chateau Louis Conference Centre, with cocktail reception and silent auction at 6:00 p.m., and dinner at 7:00 p.m.

This year's theme is "Always Our Parishioners: Renewing Our Hope in Christ, Caring for the Sick and Elderly," reminds us of our commitment to every member of our Church family.

Tickets \$225.00 each with tax receipt for \$100 per ticket. All proceeds from the gala support the ongoing growth, development, and mission of the Ukrainian Catholic Eparchy of Edmonton. **To purchase tickets or to donate**, contact the Pastoral Centre at chancery@edmontoneparchy.com or call 780-424-5496. More info at visit www.eeparchy.com/gala.

PARISH EVENTS AND ANNOUNCEMENTS

Saturday, November 22nd:

- 5:00 p.m. – Divine Liturgy

Sunday, November 23rd:

- 9:00 a.m. – Divine Liturgy (Ukrainian)
- 10:15 – 11:10 a.m.: **First Holy Communion Class**
- 11:15 a.m. – Divine Liturgy (English)

Wednesday, November 26th:

- 5:00–6:30 p.m. – **Perohy Supper** in the Parish Hall. Everyone is welcome!

Saturday, November 29th:

- 5:00 p.m. – Divine Liturgy

Sunday, November 30th:

- 9:00 a.m. – Divine Liturgy (Ukrainian)
- 11:15 a.m. – Divine Liturgy (English)

Saturday, December 6th: Feast of St. Nicholas

- 10:30 a.m. – Ornament Making Family Activity. (Please see page 5 of this bulletin for more information).
- 5:00 p.m. – Divine Liturgy
- Following the Divine Liturgy, there will be a Potluck supper, lighting of the Creche, and a visit from St. Nicholas. All parishioners are invited!

Sunday, December 7th:

- 9:00 a.m. – Divine Liturgy (Ukrainian)
- 11:15 a.m. – Divine Liturgy (English)

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Liturgy Service at Senior's Homes:

Tue., November 25th: 10:00 a.m. at Vegreville Care Centre

Fri., November 28th: 10:00 a.m. at Century Park

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Parish Weekly Donations:

- Sunday Offerings – November 02: \$2,310.00
- Sunday Offerings – November 09: \$ 840.00
- Sunday Offerings – November 16: \$1,605.00

November Total Donation: \$4,755.00

**23 Листопада: 24-а Неділя Після Зшестя Святого
Духа**

Посвяття Входу в Храм Пресвятої Богородиці

Воскресний Тропар, голос 7: Знищив Ти хрестом
Твоїм смерть, * відчинив розбійникові рай, *
мироносицям плач на радість перемінив * і
апостолам звелів проповідувати, * що воскрес Ти,
Христе Боже, * даючи світові велику милість.

Слава Отцю, і Сину, і Святому Духові;

Воскресний Кондак, голос 7: Вже більше влада смерти
не зможе людей держати, * зійшов бо Христос, *
знищивши і знівечивши сили її, * зв'язується ад,
пророки ж однодушно радіють. * З'явився Спас тим,
що вірують, промовляючи: * Виходьте, вірні, до
воскресіння.

І нині і повсякчас, і на віки вічні. Амінь.

Воскресний Богородичний, голос 7: Як на скарбницю
нашого воскресіння, * надіємось на Тебе,
Всехвальна, * тож виведи нас з ями й безодні
прогріхів, * бо Ти спасла підлеглих гріхам, *
породивши наше Спасіння. * Як перед народженням
Ти була діва, * так і в родженні і по народженні, * Ти
залишилась дівою.

Прокімен, голос 7: Господь силу людям Своїм дасть, *
Господь поблагословить людей своїх миром.

Стих: Принесіть Господеві, сини Божі, принесіть
Господеві молодих баранців. (Пс 29:11, 1)

Прокімен, голос 7: Господь силу людям Своїм дасть, *
Господь поблагословить людей своїх миром.

**До ЕФЕСЯН послання Святого Апостола Павла
читання (2:14–22)**

Хор, голос 7: Алилуя! Алилуя! Алилуя!

Стих: Добре воно – прославляти Господа, і співати
Твоєму Імені, Всевишній. (Пс 92:2, 3)

Хор, голос 7: Алилуя! Алилуя! Алилуя!

Стих: Звіщати вранці Твою милість, * ночами – Твою вірність.

Хор, голос 7: Алилуя! Алилуя! Алилуя!

Від ЛУКИ Святої Євангелії Читання (8:41–56)

Замість Достойно: Ангели, бачачи вхід Пречистої, здивувалися, як Діва ввійшла у святая святих. **Ірмос (голос 4):** Як одушевленного божого кивоту нехай ніяк не дотикається рука осквернених. А уста вірних, голос ангела виспівуючи, Богородиці, немовкаючи, з радістю нехай кличуть: Справді вище всіх ти єси, Діво чиста.

Причасний: Хваліте Господа з небес, * хваліте Його на висотах. * Алилуя! Алилуя! Алилуя!

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Sunday, November 23: Twenty-fourth Sunday after Pentecost; Post-feast of the Entrance of the Mother of God

Troparion, Tone 7: By Your cross You destroyed death;* You opened Paradise to the thief;* You changed the lamentation of the myrrh-bearers to joy,* and charged the apostles to proclaim* that You are risen, O Christ our God,* offering great mercy to the world.

Glory be to the Father and to the Son and to the Holy Spirit.

Kontakion, Tone 7: No longer shall the dominion of death be able to hold humanity,* for Christ went down shattering and destroying its powers.* Hades is bound.* The prophets exult with one voice.* The Saviour has come for those with faith, saying:* “Come forth, O faithful, to the resurrection!”

Now and for ever and ever. Amen.

Theotokion, Tone 7: O all-praised treasury of our resurrection, we hope in you,* bring us up from the pit and depth of sin,* for you have saved those subject to sin* by giving birth to our Salvation,* O Virgin before childbirth, and Virgin in childbirth,* and still a Virgin after childbirth.

Prokeimenon, Tone 7: The Lord will give strength to His people; * the Lord will bless His people with peace.

Verse: Bring to the Lord, O you sons of God; bring to the Lord young rams. (Psalm 28:11,1)

Prokeimenon, Tone 7: The Lord will give strength to His people; * the Lord will bless His people with peace.

A reading from the Epistle of the Holy Apostle Paul to the Ephesians (2:14–22)

Faithful: Alleluia! Alleluia! Alleluia!

Verse: It is good to give praise to the Lord; and to sing to Your name, O Most High.

Faithful: Alleluia! Alleluia! Alleluia!

Verse: To announce Your mercy in the morning, and Your truth every night. (Psalm 91:2,3)

Faithful: Alleluia! Alleluia! Alleluia!

A Reading from the Gospel according to Luke (8:41–56)

Hymn to the Mother of God: Seeing the entrance of the pure one, angels marvel in wonder how the Virgin could enter the holy of holies. **Irmos, Tone 4:** Let no hand of the profane touch God's living ark,* but instead let the lips of those who are believers* sing out ceaselessly in the words of the angel,* crying out with great joy to the Mother of God:* O pure Virgin,* you are truly higher than all.

Communion Hymn: Praise the Lord from the heavens;* praise Him in the highest (Psalm 148:1).* Alleluia, alleluia,* alleluia.

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