



Please Come To Church. Last week-end at the four Divine Liturgies approximately 200 parishioners attend. We have a comfortable and safe capacity for 100 people in one Divine Liturgy. We have trained volunteers, our church is sanitized after each service and masks are worn by everyone. You are far safer from the virus in our church than in any drugstore, grocery store, etc. If the total numbers of people attending is around 200, we will have to cancel one or two services. Confessions will be heard on Saturday from 4:00 to 5:00 pm.

Це вже час прийти до церкви. Минулого тижня на 4 недільні Святі Літургії прийшло приблизно 200 осіб. Дотримуючись усіх вказівок нашого Владика та приписів державної влади можемо помістити у церкві 100 осіб під час Святої Літургії. У нас вишколені добровольці, приміщення храму завжди дезінфіковане після Св. Літургії, і кожен присутній зобов'язаний надіти маску. Докладаємо більше зусиль, щоб уберегти вірних від вірусу, ніж це роблять в аптеках, крамницях і т.д. Якщо й надалі число присутніх буде приблизно 200 осіб, тоді доведеться скасувати 1 або 2 недільні відправи. Приступити до Сповіді можна щосуботи від 4:00 до 5:00 по пол

Graduates 2020. Warmest congratulations on your graduation. Even though graduation is going to look different for you, the achievement is still the same. You've put in the same hard work. You've learned and grown so much. And we couldn't be prouder. Congratulations and BRAVO!

Випускники 2020 р. Широ вітаємо Вас із Випускним. Хоч випускний цього року виглядав зовсім інакше, проте ваші здобутки в навчанні - це результат щоденного старання. Ви багато навчилися й подорослішали. Ми, справді, радіємо Вами й

за Вас. Молодці! Успіхів вам в подальших кроках життям. Хай Бог благословить Вас!!!

Taking time to rest.

1. Slow down; God is still in heaven. You are not responsible for doing it all yourself, right now.
2. Remember a happy, peaceful time in your past. Rest there. Each moment has richness that takes a lifetime to savor.
3. Set your pace. When someone is pushing you, it's OK to tell them they're pushing.
4. Take nothing for granted: watch water flow, the corn grow, the leaves blow, and your neighbor mow.
5. Taste your food. God gives it to delight as well as to nourish.
6. Notice the sun and moon as they rise and set. They are remarkable for their steady pattern of movement, not their speed.
7. Quit planning how you're going to use what you know, learn, or possess. God's gifts just are; be grateful and their purpose will be clear.
8. When you talk with someone, don't think about what you'll say next. Thoughts will spring up naturally if you let them.
9. Talk and play with children. It will bring out the unhurried little person inside you.
10. Create a place in your home ... at your work ... in your heart ... where you can go for quiet and recollection. You deserve it.
11. Allow yourself time to be lazy and unproductive. Rest isn't luxury; it's a necessity.
12. Listen to the wind blow. It carries a message of yesterday and tomorrow now. NOW counts.
13. Rest on your laurels. They bring comfort whatever their size, age, or condition.
14. Talk slower. Talk less. Don't talk. Communication isn't measured by words.

15. Give yourself permission to be late sometimes. Life is for living, not scheduling.
16. Listen to the song of a bird; the complete song. Music and nature are gifts, but only if you are willing to receive them.
17. Take time just to think. Action is good and necessary, but it's fruitful only if we muse, ponder, and mull.
18. Make time for play-the things you like to do. Whatever your age, your inner child needs re-creation.
19. Watch and listen to the night sky. It speaks.
20. Listen to the words you speak, especially in prayer.
21. Learn to stand back and let others take their turn as leaders. There will always be new opportunities for you to step out in front again.
22. Divide big jobs into little jobs. If God took six day to create the universe, can you hope to do any better?
23. When you find yourself rushing and anxious, stop. Ask yourself "WHY?" you are rushing and anxious. The reasons may improve your self-understanding.
24. Take time to read the Bible. Thoughtful reading enriching reading.
25. Direct your life with purposeful choices, not with speed and efficiency. The best musician is one who plays with expression and meaning, not the one who finishes first.
26. Take a day off alone; make a retreat. You can learn from monks and hermits without becoming one.
27. Pet a furry friend. You will give and get the gift of now.
28. Work with your hands. It frees the mind.
29. Take time to wonder. Without wonder, life is merely existence.
30. Sit in the dark. It will teach you to see and hear, taste and smell.
31. Once in a while, turn down the lights, the volume, the throttle, and the invitations. Less really can be more.
32. Let go. Nothing is usually the hardest thing to do – but often it is the best.

33. Take a walk-but don't go anywhere. If you walk just to get somewhere, you sacrifice the walking.
34. Count your friends, If you have one, you are lucky. If you have more, you are blessed. Bless them in return.
35. Count your blessings – one at a time and slowly.

Congratulations to St. Demetrius Residence Supportive Care Services for being awarded a three year accreditation, "A spirit of Excellence", from CARF International.

Щиросердечно вітаємо Допоміжні Служби Підтримки Резиденції Св. Димитрія з отриманням відзнаки трирічної акредитації "Дух зразковості" від Міжнародної Комісії з питань акредитації приміщень реабілітації.

A Special Thank You to the ladies of the Women's Circle for their donation of \$14,000.00 from the proceeds of the "Lucky Hearts Bingo". When regular donations go down during the summer months and especially now because of the pandemic, we are most appreciative for your donation which will greatly help us to keep our parish open and solvent. God Bless you all and keep you healthy.

Особлива подяка паням з організації "Жіноче Коло" за їх пожертву 14 тис. доларів з "Lucky Hearts Bingo". Протягом літа регулярні пожертви на церкву звичайно зменшуються, а особливо тепер під час пандемії, тому щиро дякуємо за вашу пожертву, що допоможе парафії й надалі виконувати своє служіння та покривати поточні видатки та рахунки. Хай вседобрий Господь Бог обдарує Вас кріпким здоров'ям.

DONATIONS: The following parishioners made donations to support the projects below:

Needs of the Church: Emily Howe in memory of Stephan Onyskiw \$50.00; Michael Bochno \$500.00; Calsie Borack in memory of Stefan Onyskiw \$100.00; Daria Poroniuk in memory of Kay Cyba \$50.00; Robert and Nadine Kowall \$1,000.00; Gregory Sawchuk in memory of George Novak \$1,000.00; Levinia Gerelus in

memory of Kay Cyba \$50.00; Bohdan and Stefania Zakala \$250.00; God Bless You All!

Our Deepest Sympathies to the family and friends of Stephen Onyskiw, Irene Thompson, Kathryn Popadiuk-Tsuper and Garfield Karpiak. When we lose a loved one here on earth, we gain an angel in heaven that watches over us. May you take comfort in knowing that you have an angel to watch over you now. Please pray for the repose of their souls.

Наші глибокі співчуття родині та друзям усопших Стефана Ониськіва Ірини Томпсон та Гарфільда Карпяка. Упокій, Боже, душі Стефана та Ірини в місці світлім, в місці блаженнім і спокійнім, де немає ні болю, ні журби, ні нарікання. Всякий гріх, що вчинили вони словом, чи ділом, чи думкою, Ти, о Боже, прости їм, бо немає людини, щоб, живучи, не згрішила. Ти єдиний, Господи, без гріха, правда Твоя – правда вічна, і слово Твоє – істина. Вічна пам'ять!!!

Pyruchy for sale potato and cheese, frozen only, will be available on Tuesday from 9:00 am to 1:00 pm, at the service entrance to the hall. Social distancing will be observed.

Парафіяльна Кухня. Повідомляємо, що цього вівторка при головних дверях церковної зали від 9:00 рано до 1:00 по полудні будемо продавати заморожені пироги картоплею/сиром. Просимо дотримуватися соціальної відстані. заморожені пироги картоплею/сиром.

The Brotherhood of Veterans invite the community to a COMMEMORATIVE SERVICE/PANACHYDA, Thursday July 23 2020 at 7:30pm at St. Nicholas Ukrainian Catholic Church, 4 Bellwoods. This year the commemorative program and coffee and sweets reception in the church hall are cancelled due to COVID 19 government guidelines.

СОБОРНА ПАНАХИДА за душі Борців-Героїв під Бродами та за всіх сучасних

героїв, які віддали своє життя в боротьбі за Незалежність України, в четвер 23 липня о год. 7:30 веч. в церкві св. о. Миколая, 4 Bellwoods Ave. Поминальна мистецька програма, кава і солодке у церковній залі відкликані.

July 5 - 12, 2020

Sunday

8:30 am (h) Natalia, Orysia, Yuryj, Olha and all in family *Yatskiv and IPetryshen Families*
(h) Sofia (Birthday) *Family*
10:00 am (h) Emi Belishi with Family
11:30 am For the healing of soul body, gift of the Holy Spirit, God's blessings, love, care and graces for good and reverend life for Julia and Dave, Christina and Steve, Nick, Daniel, Olia, and for us all *Kravchenko Family*
(+p) Anna Zyhar (5 Years) *Osyg Zyhar*

Monday

8:30 am (+) Stephan Onyskiw *Anna Jablonska*
(+p) Wladyslaw, Anastasia, Mykhajlo *Alexandra Pinchak*
(h) Natalia, Orysia, Yuryj, Olha and all in family *Yatskiv and IPetryshen Families*

Tuesday

8:30 am (+) Ivan Malitsky *Family*
(+p) Rev. Ivan Mak *Ishchuk Family*

Wednesday

8:30 am (+) Teodor and Andriy *Krywonis Family*
(+p) Myroslav (40 Days) *Mandyuk and Pahuta Families*

Thursday

8:30 am (+p) Lesia Chaban (40 Days) *Hursky and Dovhanyk Families*

Friday

8:30 am (+p) Alexander Hordienko *Yatskiv and Hursky Families*

Saturday

8:30 am (+) Kay Cyba *Wayne Cyba*
(+p) Bohdan (husband), Katheryna (Mother) *Victoria Tupis*
5:00 pm Divine Liturgy

Sunday

8:30 am (h) Bohdan Dvulit (Birthday) *Children and Grandchildren*
10:00 am Divine Liturgy
11:30 am Divine Liturgy