



# “ORTHODOX 9” PARISHES BULLETIN

RUSSIAN ORTHODOX CHURCH IN CANADA

Monthly Newsletter for the family of Orthodox Churches including:



St. Mary’s (the Nativity of the Holy Virgin) - NISKU

Sts. Peter & Paul - BONNYVILLE

St. John the Baptist - HOREN

Holy Ascension - CALMAR

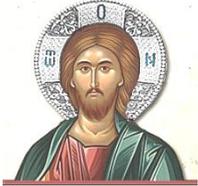
St. Onuphrius - FOAM LAKE (SK)

Whitsuntide (Holy Trinity) - THORSBY

Dormition of Theotokos -MACNUTT (SK)

St. John the Baptist - VEGREVILLE

Sts. Peter & Paul - INSINGER (SK)



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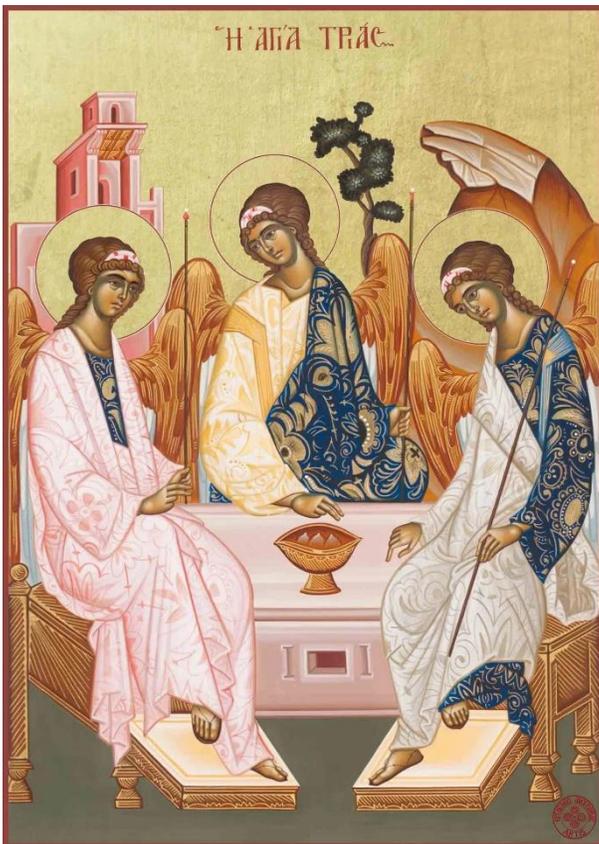
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Volume 74, Issue 6

June 2025

## Pentecost Day – June the 8th – Holy Trinity



The great feast of Pentecost is also called the Day of the Holy Trinity, the descent of the Holy Spirit, or the birth of Christ’s Church and sometimes – Green Sunday!

This is a remarkable feast brothers and sisters because with it the entire work of salvation of our Lord Jesus Christ comes to fruition, comes to completion, comes to perfection.

In the Old Testament Pentecost was the feast which occurred fifty days after the first Passover. Pentecost celebrated God’s gift of the ten commandments to Moses on Mount Sinai during their exodus – the liberation from Egypt and entrance into the Promised Land.

The “exodus” that we celebrate today is the liberation from sin as well as from all its consequences.

It was in the very beginning that sin separated us from God, and it caused a great discord between us and God and between each other, and inside of us. Sin is separation.

Though nothing could separate God from his creation!

And this great feast is truly a celebration of spiritual re-unity!

As the Kontakion says: **“When the Most High came down and confused the tongues, he divided the nations. But when he distributed the tongues of fire, he called all to unity. Therefore, with one voice, we glorify the All-Holy Spirit!”** (Kontakion)

(continued on p. 2)

Everyone who heard the preaching of the Apostles on that day, heard it in their native languages. But it was not just the case of knowing all foreign languages, but that was the initial uncorrupt language, the sinless language of the Holy Spirit!

The Holy Spirit brings light and life, brothers and sisters - life and light to our souls and to our spirit!

Holy fathers say, Holy Spirit is like oxygen to our souls, just as we cannot live without oxygen we cannot live without the grace of God. Without the grace of the Holy Spirit people are not people!

The apostles left us the following commandment: “Do not extinguish the Spirit!”

How not to put up this life-giving, but, as you see, very humble and long-suffering fire, how to keep and cherish it? How not to reject it, as there is no other hope...

“The fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control” – says apostle Paul (Gal. 5: 22-23).

But if we carefully examine our hearts and do not find these fruits—or even find their opposites—it means we are still far from the Spirit’s presence. Yet even this recognition is already the work of the same grace, of the same Spirit, who illumines us and calls us to repentance. He does this through many means: by co-working with our conscience, through the reading of Holy Scripture, through the writings of the Holy Fathers, through the counsel of a spiritual guide, through prayer and fasting, and even through analyzing certain tribulations in our life.

Only then the Holy Spirit will dwell in us and help us do what is impossible. “With men this is impossible, but with God all things are possible” (Math. 19, 26).

***Oh Heavenly King the comforter the Spirit of Truth***

***who are everywhere and fillest all things***

***Treasury of blessings and giver of life***

***come and abide in us and cleanse us from every impurity***

***and save our souls oh good one. Amen!***

## The History of the Pentecost: From Sinai to the Upper Chamber in Jerusalem

Like many Christian feasts, Pentecost is deeply rooted in the Old Testament and comes to completion in the New. So, let us, just as we did recently with the Greatest Christian Feast – the Pascha of the Lord, also look back into the Holy History to see everything (in addition to what we have already mentioned) what comes to fruition during this sacred ancient and prophetic event.

### In the Old Testament: The Feast of Weeks (Shavuot)

Long before the descent of the Holy Spirit in the Upper Room, the people of Israel celebrated **Shavuot**, or the **Feast of Weeks**. It was called that because it came **seven weeks (fifty days)** after Passover. It was one of the three major pilgrimage feasts (Exodus 23:14–17), and had two main themes:

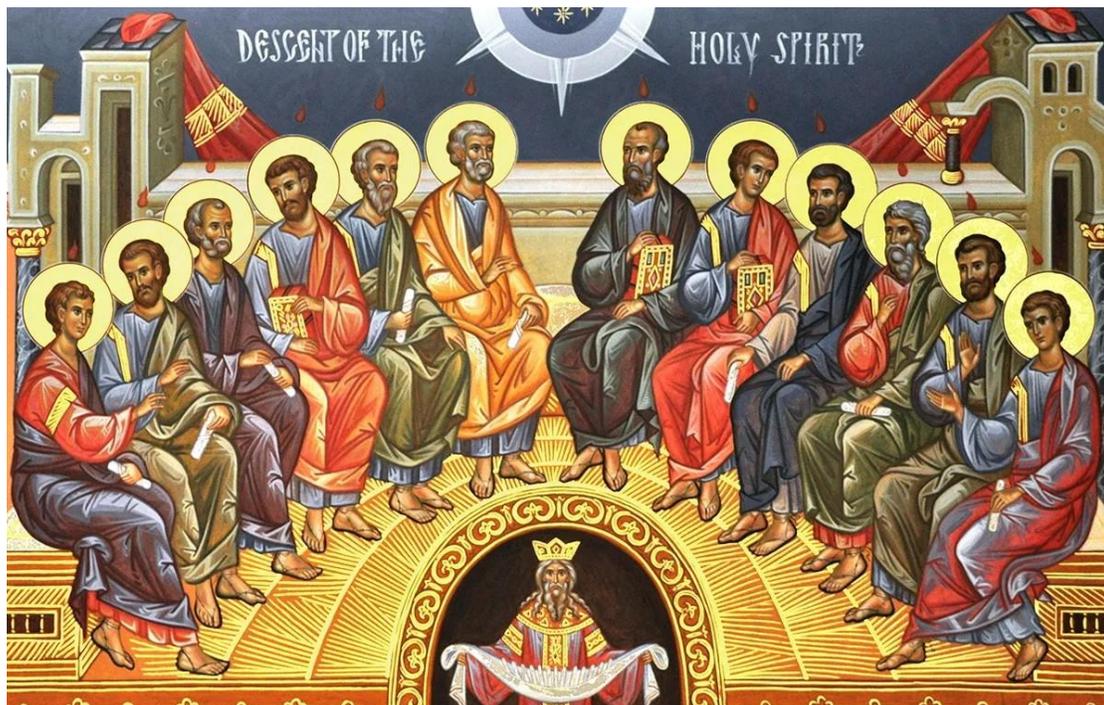
#### **The Harvest of Firstfruits:**

The Israelites would bring the first offerings of the wheat harvest to the Temple in thanksgiving to God (Leviticus 23:15–21).

## The Giving of the Law at Mount Sinai:

Jewish tradition teaches that it was on this day — fifty days after the Exodus — that **God gave the Ten Commandments to Moses**. It was the day the people entered into **covenant** with God and became His chosen people.

## 🔥 In the New Testament: The Day of Pentecost



From the Book of Acts (Ch. 2), we get to know that the Apostles are gathered in Jerusalem **fifty days after Pascha**. Suddenly, the Holy Spirit descends upon them “like a mighty wind,” and they begin to speak in other languages. Peter preaches boldly, and **3,000 people are baptized** that day — the **birth of the Church**.

And this event **fulfills** the Old Testament Pentecost in two powerful ways:

### The Firstfruits of a New Harvest:

Just as Israelites offered firstfruits (first grain) of the field, now the firstfruits of humanity, who become the Church of the living God, are offered to God through Christ.

### The Giving of the New Law – beginning of the New Covenant:

On Sinai, the Law was written on tablets of stone; on the Pentecost, the Law is written on the hearts of believers by the Holy Spirit (see Jeremiah 31:33). The descent of the Holy Spirit is the fulfillment of Joel 2:28 – “*I will pour out my Spirit on all people*” – and marks the new covenant relationship.

As we celebrate Pentecost today, we are not merely remembering an event in the past. We are **called to receive the Spirit anew** — to become part of the harvest, and to let God’s law live within us, not just as rules, but as the salvific fruits of the Holy Spirit: *love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control*. (Gal. 5: 22-23)

May the Holy Spirit renew and reunite us with God and each other, as He renewed the Church on that first Pentecost!

***Deal favourably, O Lord, in your good will with Sion; that the walls of Jerusalem may be built up!*** (Psalm 50: 18)

# How to Teach Children to Pray?

## A Journey of Love and Example



Have you ever prayed with your child? If your little one comes near and crosses himself, it's a joyful sign—faith is already growing. Yet guidance is still essential.

Children are not miniature adults; they perceive the world differently. Their minds are sharp, their hearts open, and their experiences limited. Unlike adults, who are burdened with worries, children absorb knowledge quickly but tire easily. Teaching them, including prayer, must match their developmental stage—short, engaging, and age-appropriate.

Orthodoxy calls for a balanced approach in upbringing—not overindulgence, but not

harshness either. Violence or pressure in religious upbringing can cause long-term harm. Children learn most from example, not lectures. They measure faith by how it is lived. Our actions speak louder than our words.

In teaching prayer, avoid strict commands. Instead, explain gently: Who is God? Why do we pray? Use stories, Scripture, and your own example. For younger children, simple acts like making the sign of the cross, wearing a cross, or attending church can begin their spiritual path. Preschoolers might only need to learn the basics and join you in short prayers like “Our Father” and prayers to the Guardian Angel or the Mother of God. Keep it short and meaningful.

As children grow, prayer can deepen—but gradually. Teach prayers like the “Symbol of Faith” in parts, and help them understand their meaning. Use children’s prayer books, and memorize short prayers together. Quality matters more than quantity.

Firmness has its place, but always act with love, never in anger. If you're upset, pray and calm down before acting. Harshness only pushes a child away.

Adolescence is often a time of questioning and distancing. Don't panic. Be patient, pray for your child, and remain a trusted, loving presence. Pressuring teens rarely works—but your quiet faith and unconditional support will leave a lasting mark.

Even if a child drifts away, the foundation you've laid—the memories, the prayers, the quiet example—will remain. In time, God willing, they may return with a mature, personal faith.

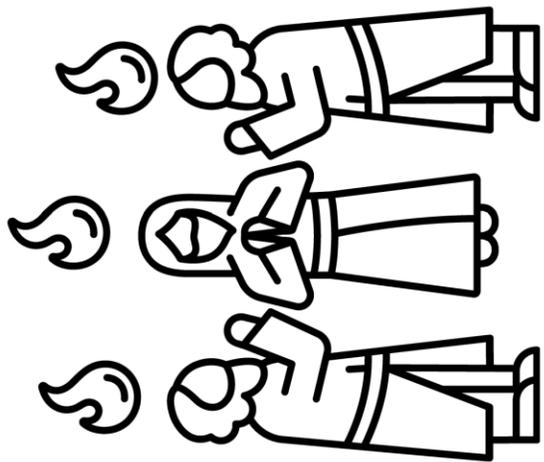
Begin early. Teach prayer gently. Live what you preach. And the ship of their life, guided by the light of Christ, will find its way to God.

**Based on ‘How to Teach Children to Pray?’  
by Priest Andrei Chizhenko, pravmir.com**

# THE DAY OF THE PENTECOST

How many   can you find?

**BIBLE VERSE TO LEARN:**  
 "All of them were filled with the Holy Spirit."  
 Acts 2:4a



How many   can you find?

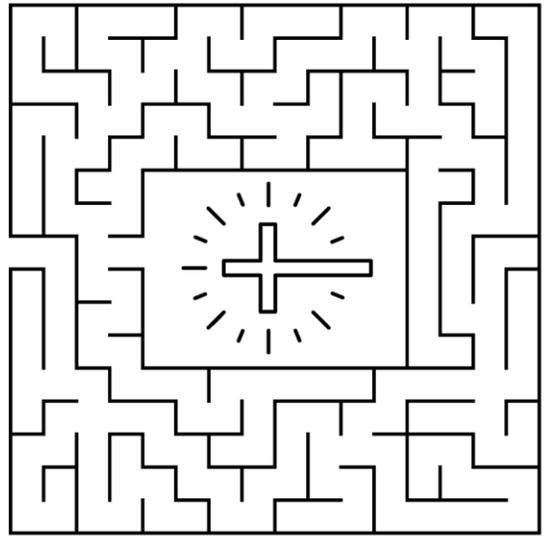
**WORD SCRAMBLE**

LYHO \_\_\_\_\_  
 YADSNU \_\_\_\_\_  
 SUJES \_\_\_\_\_  
 REFI \_\_\_\_\_  
 REPWO \_\_\_\_\_

(LOOK AT THE WORD SEARCH FOR CLUES!)

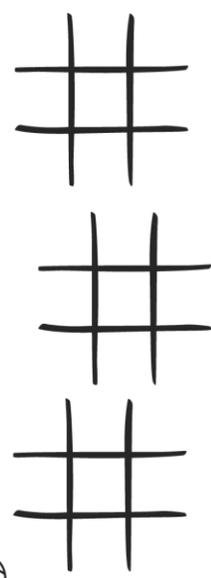
## WORD SEARCH

D I S C I P L E S T  
 P S U W Y F H A I O  
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 E I A D G P Y E N U  
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 PENTECOST FIRE WIND  
 SUNDAY JESUS DISCIPLES  
 HOLY TONGUES POWER

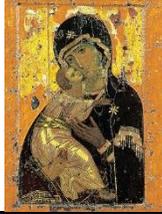
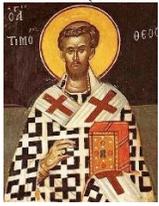
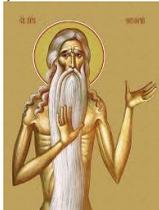


**BIBLE VERSE TO LEARN:**  
 "You will receive power when the Holy Spirit comes on you."  
 Acts 1:8a

## TIC TAC TOE



# June 2025

SUN	MON	TUE	WED	THU	FRI	SAT
<p><u>1</u></p> <p>10:00 am - Liturgy - <b>Patronal Feast</b> – CALMAR - Blessing of water</p>	<p><u>2</u></p>	<p><u>3</u></p> <p>Vladimir Icon of the Mother of God</p> 	<p><u>4</u></p>	<p><u>5</u></p> <p>St. Michael the Confessor, of Synnada</p> 	<p><u>6</u></p>	<p><u>7</u></p> <p><b>Third Finding of the Precious Head of St. John the Baptist (ca. 850)</b></p>
<p><u>8</u></p> <p><b>Holy Trinity Day</b></p>  <p>10:00 a.m. – Divine Liturgy – <b>Patronal Feast</b> – THORSBY – Blessing of water</p>	<p><u>9</u></p> <p><i>First Week after Pentecost is a fast-free period</i></p>	<p><u>10</u></p>	<p><u>11</u></p> <p>Virgin-martyr Theodosia of Tyre (ca. 307- 308)</p> 	<p><u>12</u></p>	<p><u>13</u></p> <p>Apostle Hermes of the Seventy (1st c.)</p> 	<p><u>14</u></p>
<p><u>15</u></p> <p><b>11:00 am - Grave Yard Service – HOREN (TOMAHAWK – July 5, at 1 p.m.)</b></p>	<p><u>16</u></p> <p>APOSTLES FAST BEGINS</p>	<p><u>17</u></p> <p>Sts. Mary and Martha, sisters of St. Lazarus</p> 	<p><u>18</u></p> <p>10:00 am - Liturgy at St. Barbara (F. Igor’s Name’s Day)</p>	<p><u>19</u></p> <p>New Hiero- confessor Raphael (1957)</p> 	<p><u>20</u></p>	<p><u>21</u></p> <p>Great-martyr Theodore Stratelates</p> 
<p><u>22</u></p> <p>10:00 a.m. – Liturgy – <b>St. Mary’s NISKU</b></p>	<p><u>23</u></p> <p>Hieromartyr Timothy, of Prusa (ca. 363)</p> 	<p><u>24</u></p>	<p><u>25</u></p> <p>St. Onuphrius the Great (4th c.)</p> 	<p><u>26</u></p>	<p><u>27</u></p> <p>St. Elisha, monk, of Solovki</p> 	<p><u>28</u></p> <p>10:00 a.m. - Divine Liturgy &amp; Grave Yard Service – <b>MACNUTT</b></p> <p>5:00 pm - Grave Yard Service - <b>INSINGER</b></p>
<p><u>29</u></p> <p>09:00 a.m. - Divine Liturgy - <b>Patronal Feast</b> (Blessing of water) &amp; Grave Yard Service – <b>FOAM LAKE</b></p>	<p><u>30</u></p>					