

5th Sunday after Pentecost

Feast of Sts. Peter & Paul

Romans 10:1-10; Matthew 8: 28-9:1 & 2 Cor. 11: 21-12:9; Matthew 16: 13-19

Service and saintliness here and now

Protect each other

Slow the spread of COVID-19

Keep 2 metres between yourself and others

Wear a mask when physical distancing cannot be guaranteed

Wash your hands often, with warm water and soap or use alcohol based hand sanitizer

Stay home if you're sick and get tested!

We all have a role to play.

regionofwaterloo.ca/COVID19

Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES

Recently, we've looked at the notion of sainthood in our tradition and remembered the myriad of Ukrainians in recent history, who remained steadfast in their love and care for others, despite suffering the unspeakably brutal terrors of the Soviet regime.

These individuals found themselves in unforeseen situations, their very ordinary lives suddenly disrupted, changed in ways that could not be understood, rationalized, or explained. Many souls were broken and destroyed, yet many somehow clung to their fundamental humanity—their Christian convictions. God, Christ, the Holy Spirit was alive through their human goodness.

Here, in KW today, we are not invaded by an army, but we have found our ordinary lives disrupted by an unprecedented threat and we too are able to choose how we respond. Times of extraordinary stress seem to bring out the best and worst in us. Father and I are so proud to belong to a community whose members walk the path of saints, by choosing actions that benefit others rather than only pleasing themselves. Thank you.

Thank you for showing care and responsibility for others by following the advisories of public health Canada.

As we move towards ever greater activity in society, let's remember the ways that we can continue to keep everyone safer: physically, spiritually, and emotionally. I know this is what you do, so below is a checklist of affirmation!

1. It is still crucial to wash hands, maintain distance, wear masks. Commencing tomorrow masks must be worn inside all public buildings, including the church. We protect others and model respectful behaviour as well.
2. We know that little things do count—a lot. Call people you haven't seen for a while. Send a card; let those who make deliveries or provide services know you appreciate them and their work.
3. Support local food growers and local small businesses.
4. Recognize misinformation, conspiracy theories, scapegoating. Follow legitimate news sources. Please ask Father, or me, for a list of reliable media sites if you are unsure.
5. Support responsible government initiatives that are relevant today for all citizens, especially the underprivileged and marginalized.
6. Continue to stay away from crowded places, when possible. See beauty in being home.
7. Be patient.
8. Be kind.
9. Pray sincerely.
10. Be at peace. Live in hope. Know that you are loved—feel it.

This week: Tuesday, July 14—10 a.m. Divine Liturgy

Thank you to all our generous donors!

Sunday, June 21: Regular \$1,415. Anonymous \$1,500.

Sunday, June 28: Regular \$830.

Sunday, July 5: Regular \$790.

BIRTHDAY WISHES:

Rosalie Polischuk, Halyna Polischuk, and Tatiana Kocan (15th), Yuriy Chernysh (16th), and Maksym Pavlyshyn and Vitalia Savchuk (17th).

Many blessings, MNOHAYA LITA!